

1 – Gastroenterology Specialists of Gwinnett PC

**721 Wellness Way NW, Suite 100, Lawrenceville, GA 30045 (770) 995-7989, (770) 995-3113
3855 Pleasant Hill Road, Suite 230, Duluth, GA 30096 (770) 495-8300**

**Zack Z. Martin, M.D. D. Bradley Lord, M.D. W. Gordon Tanner, Jr., M.D.
Jae W. Nam, M.D. Pamela Boyd, APRN FNP-C**

SUPREP INSTRUCTIONS

EVENING BEFORE REGIMEN:

PATIENT MUST REMAIN ON CLEAR LIQUIDS THE ENTIRE DAY PRIOR TO COLONOSCOPY.

NO SOLID FOOD THE ENTIRE DAY PRIOR TO THE COLONOSCOPY

A colonoscopy prep causes the body to lose a significant amount of fluid and can result in a sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep. Remain close to the bathroom. The prep may produce bowel movements in as little as 30 minutes or may take several hours to produce a bowel movement.

Suprep Kit contains two 6 oz bottles of solution and one mixing cup. It is important to drink plenty of water to replace what you lose during the prep.

BEGIN DRINKING THE FIRST DOSE THE EVENING BEFORE YOUR COLONOSCOPY AT 4:00 PM.

1. Pour one (1) 6 ounce bottle of Suprep liquid into the mixing container.
2. Add cool drinking water to the 16 oz fill line on the container and mix to dilute.
3. Drink ALL of the liquid in the container.
4. **You MUST drink at least two more 16 oz. containers of drinking water over the next hour.**

Remain close to a bathroom. The solution may begin to work in as soon as 30 minutes. Your stool will become liquid and eventually turn clear.

BEGIN DRINKING THE SECOND DOSE THE EVENING BEFORE YOUR COLONOSCOPY BEGINNING AT 9:00 PM

For this dose, repeat steps 1 through 4 as shown above using the other 6 oz bottle.

Again you MUST drink at least two more 16 oz containers of water over the next hour.

If you have any questions, please call our office at 770-995-3113 or 770-495-8300 for the Duluth office.

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LOW FIBER/LOW RESIDUE AND LIQUID DIETS

LOW FIBER DIET: (3 DAYS PRIOR TO COLONOSCOPY):

Soups: Broth, cream soups, tomato, chicken and white rice, noodles

Meats/Protein: Any soft or easy to chew meat or fish. Such as fish or chicken. Avoid red meat.

Vegetables: Well-cooked or canned vegetables, without seeds or skins. Such as carrots, potatoes without skins and tomatoes without seeds or skins.

Fruits: All juices without pulp, cooked or canned fruits without seeds, membranes, or hulls including: applesauce, cherries, peaches, bananas, citrus fruits.

Cereals: No multigrain or high fiber cereals. Refined cereals or ready to eat oatmeal.

Starches: No whole grain, multigrain or wheat breads or pastas. May have enriched white bread, without seeds, biscuits, rolls, crackers or bread made from white flour, plain doughnuts or English muffins, plain macaroni, noodles or spaghetti, white rice, plain waffles or pancakes, saltines.

Cheese/Eggs: Cottage cheese, cream cheese, mild cheese such as American or Swiss. Yogurt without fruit. All eggs.

Desserts: Plain cake, cookies, gelatin, ice cream, pudding, sherbet, pie made from refined flour. No seeds, raisins, coconuts or nuts.

Beverages: Limit milk to two cups a day, carbonated beverages, coffee, tea, fruit-flavored drinks.

Fat: Crisp bacon, butter, cream, margarine, mayonnaise, oils, shortening, smooth salad dressing, sour cream.

LIQUID DIET: (All day on the day prior to the colonoscopy. NO SOLID FOOD FOR THE ENTIRE DAY.)

Soups: Clear consommé, bouillon or broth.

Beverages: Tea, coffee, carbonated drinks, water, Kool-Aid (no red or purple).

Juices: Cranberry (no red or purple), apple, strained lemonade, or orange juice.

Desserts: Gelatins, water-ices, popsicles (no red or purple).

Miscellaneous: Hard candy (Lifesavers, etc.)

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COLONOSCOPY

Colonoscopy is an examination for the inside of the large intestine by means of a flexible tube attached to a source of bright light. The doctor is able to see the lining of the large intestine clearly through this tube.

After completing the preparation at home, come to the facility as instructed, where you will change into a gown. The test will be more fully explained, and you will be given an opportunity to ask questions. The nurse will then insert a small needle into your vein to administer the IV solution. You will receive medication through your IV before and during the procedure to make you relaxed and comfortable. During the exam, you will be lying on your left side on a stretcher bed.

After you are adequately sedated, the doctor will examine your rectum and insert the lubricated tube. During the procedure, you may experience crampy sensations similar to gas pains. These are due to the air put into your intestine through the tube in order to see well and to the tube passing around the bends of your intestine. You may feel that you need to move your bowels due to the presence of the tube and air. You are free to expel air as needed for your comfort. Any excess air can be suctioned out by the physician.

When the exam is over, you will rest in the recovery area until fully awake, and the doctor will explain the results of the exam to you and your family before you leave.

It is necessary to BRING A DRIVER FOR THE TRIP HOME, and you should not resume your usual work or driving until the day following the procedure. Do not eat or drink anything on the morning of the test unless specifically instructed otherwise. Please plan on taking your medications following the examination.

If you have any questions, please call our office at 770-995-3113 or 770-495-8300 even after hours.