

Instruction for Bowel Prep

Start DOSE 1 at 6 PM in the evening before the day of colonoscopy. Start DOSE 2 at 7 hours before the scheduled time of colonoscopy and DOSE 2 should be finished 4 hours before colonoscopy and nothing to eat or drink after that (e.g. if your colonoscopy is at 10 AM, DOSE 2 should be started at 3 AM and finished at 6 AM). Split prep into DOSE 1 and DOSE 2 is very important. Do NOT drink all the prep at once.

* MoviPrep

- **DOSE 1:** Empty 1 Pouch A and 1 Pouch B into the provided container, fill the container with luke warm water to the 32 oz mark, mix and drink the entire container over 2 hours. After this, drink 16 oz of water or clear liquids over the next 1 hour.
- **DOSE 2:** Start at 7 hours before colonoscopy. Do the same as DOSE 1.

* SUPREP

- **DOSE 1:** Pour one 6 oz bottle of SUPREP liquid into the mixing container, fill the container with water to the 16 oz mark, mix and drink the entire container over 1 hour. After this, drink 32 oz of water or clear liquids over the next 2 hours.
- **DOSE 2:** Start at 7 hours before colonoscopy. Do the same as DOSE 1.

* SUTAB

- **DOSE 1:** Open 1 bottle of 12 tablets → Fill the provided container with 16 oz of water (up to the fill line) → Swallow each tablet with a sip of water, and drink the entire water over 15-20 min → 1 hour after the last tablet is ingested, fill the provided container again with 16 oz of water and drink the entire amount over 30 min → 30 min after finishing the second container of water, fill the provided container with 16 oz of water (up to the fill line), and drink the entire amount over 30 min.
- **DOSE 2:** Start at 7 hours before colonoscopy. Do the same as DOSE 1.

* NuLYTELY, GoLYTELY, PEG 3350 and two Dulcolax tabs

- **DOSE 1:** Take 2 Dulcolax (bisacodyl) 5 mg tablets with 8 oz of water → fill the prep container with 128 oz water, mix and then drink 8 oz of prep solution every 15 minutes until HALF of the solution is finished (8 glasses over 2 hours). Keep the rest in the refrigerator.
- **DOSE 2:** Start drinking the rest 7 hours before colonoscopy and finish 4 hours before the procedure.

* 2 Day Alternative Prep

- This prep is required for those patients who previously had an inadequate prep.
- You need to buy four Dulcolax (bisacodyl) 5 mg tablets and three 10 oz bottle of magnesium citrate (both are sold over the counter, no prescription necessary).
- Have clear liquids the entire day starting 2 days before colonoscopy.
- **DOSE 0** (at 6 pm, 2 days before colonoscopy): Take 2 Dulcolax (bisacodyl) 5 mg tablets with 16 oz of water. Wait 1 hour, then drink one 10 oz bottle of magnesium citrate.
- **DOSE 1** (at 6 pm, 1 day before colonoscopy): Do the same as DOSE 0.
- **DOSE 2** (7 hours before colonoscopy): Drink one 10 oz bottle of magnesium citrate along with 16 oz of water or clear beverage. No more drinking 4 hours before the procedure.
- Of note, this prep should not be done if you have been diagnosed with significant kidney disease, heart failure or have significant electrolyte abnormalities.

Low Fiber Diet

Foods Recommended:	Foods to Avoid:
<p>* Milk, Dairy and Fruits Milk, cream, buttermilk, cheese (including cottage cheese), yogurt (NO FRUIT), sour cream</p>	<p>* Milk, Dairy and Fruits All fruits</p>
<p>* Bread and Grains White bread, white rice, Cheerios, mashed potato/baked french fries (NO skins)</p>	<p>* Bread and Grains Brown or wild rice, whole grain breads, rolls, pasta, crackers, whole grain or high fiber cereals (including Granola and oatmeal), bread or cereals with NUTS or SEEDS</p>
<p>* Meat and Vegetables Chicken, turkey, lamb, lean pork, veal, fish/seafood, tofu, bacon, beef, lunchmeats</p>	<p>* Meat and Vegetables All vegetables (including SALADS), pickles, olives, corns</p>
<p>* Drinks/Beverages Coffee, tea, hot Chocolate, clear fruit drinks, soda/carbonated beverages, Ensure/Boost/Enlive (without added fiber), apple juices, white grape juices</p>	<p>* Drinks/Beverages Fruit or vegetable juice with PULP</p>
<p>* Desserts Custard, plain pudding, ice cream, sherbert/sorbet, JELLO-Gelatin, cake, cookies</p>	<p>* Desserts</p>
<p>* Other Sugars, salt, jelly, honey, syrup, lemon juice, ketchup, mayo, smooth peanut butter, smooth pasta sauce (NO vegetables chunks)</p>	<p>* Other Coconut, popcorn, jam, marmalade, relishes, stone ground mustards</p>