



# Medical Clinic of Houston, L.L.P.

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## Modified Bowel Prep Options for Colonoscopy John Dugan, MD – Gastroenterology

- Adhere to a low residue diet for two days prior to procedure.

**Allowed:** soup, fish, chicken, eggs, white rice, white bread, crackers, plain yogurt, pasta, potato with no skin, gelatin, broth, bouillon, and all liquids. **Avoid:** fresh/dried fruit, raw vegetables or those with seeds, corn, whole grain bread, raisins, cloves, and any other meat besides what is listed above.

- Adhere to a clear liquid diet for 24 hours prior to procedure.

If you put a liquid in a clear glass and you can see through it, it is probably safe to drink. Examples include: apple, white grape and white cranberry juice; tea or coffee without milk; clear beef or chicken broth without solid pieces; clear soda, Gatorade, Kool-Aid (no red or purple colors); popsicles, various Jello flavors (no red or purple colors).

- Start first laxative bowel prep **TWO DAYS PRIOR TO PROCEDURE**. Follow detailed instructions on the attached sheet. Prep: **Clenpiq**

First dose: **10 am two days prior to colonoscopy**

Second dose: **5 pm two days prior to colonoscopy**

- Start second laxative bowel prep **ONE DAY PRIOR TO PROCEDURE**. Follow detailed instructions on the attached sheet. Prep: **Suprep**

First dose: **6 pm the evening prior to colonoscopy**

Second dose: \_\_\_\_\_

**Please call 713-526-5511, extension 4490 with any question or concerns.**