



Colonoscopy & Endoscopy Prep Guide

Rio Grande Hospital & Clinics Surgery Center

Why Prep Matters?

A colonoscopy is the best way to find and prevent colon cancer. To get clear results, your bowel needs to be completely clean. Think of it as giving your colon a “fresh start.”

Step 1: 5 Days Before – Low-Fiber Diet

Switch to **low-fiber foods** to make the bowel cleanse easier.

OK to eat/drink:

- White bread, pasta, rice
- Mac & cheese
- Chicken, turkey, fish, eggs
- Cheese, yogurt (without fruit/seeds), ice cream
- Cooked or canned veggies (no skins/seeds)
- Peeled fruit like bananas, melons, canned fruit (not pineapple)
- Milk, tea, coffee, sports drinks, juices without pulp

Avoid:

- Whole grains, brown rice, bran cereals
- Nuts, seeds, popcorn
- Raw veggies (except lettuce)
- Potato skins, corn, mushrooms, broccoli, cauliflower
- Dried fruit, prunes, berries
- Chunky nut butters

 **Tip:** Think “plain and simple” — white bread, white rice, cooked veggies, tender meats.

Step 2: The Day Before – Clear Liquid Diet ONLY

No solid food. Stay hydrated with clear liquids.

OK to drink/eat:

- Water, tea, coffee (no cream)
- Apple or white grape juice, lemonade (no pulp)
- Clear sodas (Sprite, 7-Up, ginger ale)
- Broth (chicken, beef, or vegetable)
- Jell-O, popsicles, Italian ice (yellow, green, or clear — **NO red, orange, or purple**)
- Hard candy or gummy bears (**NO red, orange, or purple**)

Avoid:

- Milk or dairy
- Alcohol
- Anything red, orange, or purple (they look like blood in the colon)

Rio Grande Hospital

Trusted surgical care, close to home. At RGH, our team puts you first – so you can feel your best!

Step 3: Bowel Prep

- Follow your doctor's instructions for your specific prep drink.
- Stay close to a bathroom — the prep works quickly!
- Keep wipes, toilet paper, and Vaseline handy to reduce irritation.

Step 4: Day of Procedure

- **Do not eat or drink** anything the morning of your procedure.
- Bring a driver — you cannot drive yourself home.
- Take only the medicines your doctor told you to take with a sip of water.
- Wear comfortable clothes.

Anesthesia Information: Monitored Anesthesia Care (MAC)

- You'll get medication to help you relax and nap lightly.
- You'll still breathe on your own (no breathing tube).
- A CRNA (nurse anesthetist) monitors you the entire time.
- Benefits: works quickly, wears off quickly, fewer side effects than general anesthesia.

Top 3 Tips for Success

1. **Plan your meals ahead** — shop for your prep-friendly foods early.
2. **Stay on clear liquids** the entire day before (don't sneak food!).
3. **When in doubt, call us!** It's better to ask than to risk rescheduling.

Bring with you:

- A driver
- Insurance card & ID
- List of medications
- Positive attitude (we'll take good care of you!)