

## **Abstinent Colonoscopy Preparation Guidelines**

Lisa Merrill MS, RD, CDE [www.lisamerrill.com](http://www.lisamerrill.com)  
734-502-8264 [lisa@lisamerrill.com](mailto:lisa@lisamerrill.com)

1. Make sure to drink plenty of water!!!
2. Unlimited broths- veggie, chicken
3. For your carbs... use 4 oz apple juice (or colonoscopy prep approved- no sugar added of course)

Every 4 oz juice = 1 fruit or 1 starch in your plan  
Do not drink this juice straight. The sweetness could be a trigger so add at least 4 oz water to every 4 oz juice for your fruit or starch serving.

### Examples

4 oz applejuice + at least 4 oz water = 1 fruit

8 oz juice + at least 8 oz water = 2 starches

Protein- you won't get any today

Veggies – you won't get any today

If you are doing artificial sweeteners- ok to do colonoscopy approved (non red/purple/blue) Jello, Gatorade, and Crystal light. I'd keep these too a minimum.

For the day of the procedure, you may be a little groggy from the anesthesia once you arrive home and if you are behind on a meal, just start your normal plan (I'd do softer foods...lower fiber) from the time you wake up.