

IMPORTANT FOR YOUR OWN SAFETY

THE INSTRUCTIONS SHOULD BE FOLLOWED OR YOUR PROCEDURE WILL BE RESCHEDULED!

ITEMS YOU WILL NEED TO PURCHASE:

- Bottle of Magnesium Citrate 10 oz. - available without a prescription at any pharmacy
- Suprep Colonoscopy prep - (pick up from your pharmacy)

5 DAYS PRIOR TO YOUR PROCEDURE

STOP THE FOLLOWING:

- Oil Capsules & Iron Supplements (Ferrous Sulfate)
- **AFTER GETTING APPROVAL FROM PRESCRIBING PHYSICIAN** discontinue all blood thinning medications (Aggrenox, Arixtra, Brilita, Coumadin, Effient, Plavix, Pradaxa, Warfarin, etc.)

MEDICATIONS THAT YOU ARE REQUIRED TO TAKE

- Medications for Diabetes medication (oral or injection) - take half the usual dose the day before the procedure. **Omit Diabetes medication day of procedure.**
- Heart, Blood Pressure, Seizure, Asthma medications should be taken 4 hours prior to your scheduled procedure time with a small SIP (less than 1 oz) of **clear liquid.**

PROCEDURE PREPARATION

TWO DAYS PRIOR TO YOUR PROCEDURE:

FULL AND CLEAR LIQUIDS ONLY (see list on back) - NO SOLID FOOD

- At 6:00pm drink 10 oz bottle magnesium citrate (chill and drink with a straw)

ONE DAY PRIOR TO YOUR PROCEDURE:

CLEAR LIQUIDS ONLY - NO SOLID FOODS

- Around 6:00pm the night before the procedure complete steps 1 through 4
 1. Pour a bottle of 6 ounces of **SUPREP** liquid into the mixing container
 2. Add cold drinking water to the 16-ounce line on the container and mix
 3. Drink **ALL** the liquid in the container
 4. You **MUST** drink two more 16-ounce containers of water over the next 1 hour

Continue drinking approved clear liquids (see list) until 4 hours prior to procedure

ON THE MORNING OF YOUR PROCEDURE:

- 5 hours before your procedure repeat steps 1 through 4 using the remaining bottle of **SUPREP**
- **NOTHING BY MOUTH 4 HOURS PRIOR TO THE PROCEDURE**
- **SOMEONE MUST BE AVAILABLE TO DRIVE YOU HOME**
- **PLEASE NOTIFY OUR OFFICE IF THERE HAS BEEN A CHANGE IN YOUR HEALTH OR MEDICATIONS SINCE SCHEDULING PROCEDURE**

Nothing by mouth after _____ on the day of your procedure.

OVER

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APPROVED FULL LIQUIDS (only 2 days prior)

- Strained cream soups
- Milk
- Ice Cream / Milkshakes (vanilla or chocolate)
- Pudding
- Yogurt (without fruit)
- Instant Breakfast Drinks
- Ensure

APPROVED CLEAR LIQUIDS

- Juices without pulp (apple, grape, blueberry, etc.)
- Coffee or Tea (without milk or non-dairy creamer, sugar is OK.)
- Jell-O (No **RED** Jell-O)
- Clear broth or bouillon (beef or chicken)
- Sport Drinks (Gatorade, Powerade, etc.)
- Kool-Aid
- Soft Drinks (all Pepsi & Coca Cola products.)
- Popsicles
- Water

ALCOHOLIC BEVERAGES ARE DISCOURAGED!