

**IMPORTANT FOR YOUR OWN SAFETY**

**INSTRUCTIONS MUST BE FOLLOWED OR YOUR PROCEDURE WILL BE RESCHEDULED!**

**ITEMS YOU WILL NEED TO PURCHASE:**

- **Magnesium Citrate 10 oz bottle** Available over-the-counter at any pharmacy.
- **Clear liquids** including broth and/or Gatorade (see list on back of page).

**5 DAYS PRIOR TO YOUR PROCEDURE**

**STOP THE FOLLOWING:**

- Fish Oil & Iron Supplements (Ferrous Sulfate)

**MEDICATIONS YOU ARE REQUIRED TO TAKE**

- Diabetes medication (oral or injection) - take one half the usual dose the day prior to procedure **Omit Diabetes medication day of procedure.**
- Heart, Blood Pressure, Seizure, Asthma medications must be taken by 5 am the day of your capsule test with a sip (less than 1 oz) of **clear liquid**. If you do not take medication prior to 5 am, please wait until 12:30 pm the day of the test.

**2 DAYS PRIOR TO YOUR PROCEDURE**

**FULL and CLEAR LIQUIDS Only (Breakfast, Lunch and Dinner) (See list on back) – NO FOOD**

- At 6:00pm drink 10 oz. bottle of Magnesium Citrate (chill and drink with a straw)

**1 DAY PRIOR TO YOUR PROCEDURE:**

**CLEAR LIQUIDS Only (Breakfast, Lunch and Dinner) (See list on back) – NO FOOD**

- Around 5 pm on the evening before your procedure complete steps 1 through 4
  1. Pour one 6-ounce bottle 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
- Around 9 pm on the evening before your procedure repeat steps 1 through 4 using the remaining bottle of **SUPREP**
- Erythromycin- Take 1 erythromycin table (in attached envelope) at the end of your prep.
- **PLEASE NOTIFY OUR OFFICE IF THERE HAS BEEN A CHANGE IN YOUR HEALTH OR MEDICATIONS SINCE SCHEDULING PROCEDURE**

Nothing by mouth after midnight, the night prior

**OVER**

### APPROVED FULL LIQUIDS

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

### APPROVED CLEAR LIQUIDS

- Fruit juices without pulp (apple, grape, cranberry, etc.)
- Coffee or Tea (without milk or non-dairy creamer.)
- Jell-o (No **RED** jell-o)
- Clear broth or bouillon (beef or chicken.)
- Sport Drinks (Gatorade, Powerade, etc.)
- Kool-Aid
- Soft drinks (all Pepsi & Coke products.)
- Popsicles
- Ensure **Clear**
- Water

**ALCOHOLIC BEVERAGES ARE DISCOURAGED!**