

Two Day Preparation Instructions for Colonoscopy with Suprep

Purchase and (1) 10 ounce bottle of Magnesium Citrate and Suprep from any pharmacy. You do need a prescription for the SuPrep.

One week prior to procedure:

- 1- Please check with your PCP and your gastroenterologist if you take any blood thinners such as Warfarin/Coumadin, Eliquis, Xarelto, Brilinta, Pradaxa, Plavix, or Aggrenox.
- 2- Aspirin should not be held.
- 3- You may continue any NSAID's such as Ibuprofen, Motrin, Aleve, Naproxen, Diclofenac, or Indocin.
- 4- Please hold iron pills after checking with your PCP.
- 5- If you are a diabetic, check with your PCP regarding diabetic medication dosing for this procedure.

Five days prior to procedure:

- 1- Do not consume any nuts, seeds, popcorn, or corn.
- 2- Hold any fiber supplements.

Two days before the procedure:

- 1- No solid foods are permitted. Clear liquids all day.
- 2- At 7:00 PM take 1 bottle of Magnesium Citrate.

Day before the procedure:

- 1- No solid foods are permitted.
- 2- Clear liquids are to be consumed all day. Please drink plenty of clear liquids throughout the day and evening. This helps to achieve a more effective preparation and prevents dehydration.
- 3- Examples of clear liquids include: Crystal Light, Gatorade, Powerade, soda, apple juice, seltzer, flavored water, black tea/coffee, Italian ice, popsicles, Jell-O and broth. No milk or cream. Avoid red color in popsicles, Italian ice, Jell-O, Gatorade, etc.
- 4- At 6:00 o'clock PM prepare (1) 6 oz. Bottle of Suprep into the container. Add cool drinking water to the 16 oz. line. Drink all of the mixture. To prevent dehydration, drink plenty of clear fluids all day.

Day of exam:

- 1- 4 hours prior to your exam time, prepare another bottle of Suprep. Drink all of the mixture. Please continue drinking plenty of clear fluids up to 3 hours of your procedure time.
- 2- No solid foods are permitted.
- 3- You may take any prescription medications.
Please call with any questions or concerns regarding the preparation.

You must have a ride home from a family member or friend as public transportation is not allowed. You are not able to drive for the remainder of the day.