

**YOUR BOWEL PREP IS EXTREMELY IMPORTANT!**  
**PLEASE READ INSTRUCTIONS CAREFULLY**

Prep: SuPrep - 2 Day with Magnesium Citrate

<p><b>1 Week Before</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Purchase</b> the following: <ul style="list-style-type: none"> <li><input type="checkbox"/> SuPrep Bowel prep – Pick up from pharmacy. If your insurance does not cover this, do not purchase it and contact our office for other options.</li> <li><input type="checkbox"/> GasX or simethicone gas relief over the counter. You will only need 4 of these. These help to reduce bubbles in your GI tract which improves the quality of your exam.</li> <li><input type="checkbox"/> 10-ounce bottle of GREEN or CLEAR magnesium citrate (over the counter laxative). <b>NO RED OR PURPLE.</b></li> <li><input type="checkbox"/> Clear liquids – Refer to <b>clear liquid diet handout.</b></li> </ul> </li> <li><input type="checkbox"/> <b>Plan for a driver:</b> Plan for someone to drive you home or escort you if taking alternate modes of transportation. You will be sedated for your procedure. You should not drive again until the morning after your procedure.</li> <li><input type="checkbox"/> <b>Stop eating</b> any visible seeds, nuts or whole grains. You can still eat fruits and vegetables if you remove the seeds from them. Refer to the <b>dietary guidelines handout.</b> Please do not take oil-based vitamins/supplements (A, D, E or K, fish oil, etc.) for a full 7 days before your procedure. While we may not cancel your procedure if you have accidentally eaten them the week before your procedure, it may impact the quality of your prep.</li> <li><input type="checkbox"/> If you are <b>diabetic</b> and/or taking <b>prescription blood thinning medication</b>, refer to handout. If you did not receive this handout, contact our office.</li> </ul>
<p><b>2 Days Before</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Start clear liquid diet</b> from the time you wake up. Refer to clear liquid diet handout.</li> <li><input type="checkbox"/> <b>At 7:00 pm:</b> Drink the 10-ounce bottle of magnesium citrate. Drink over 15 minutes to reduce nausea.</li> <li><input type="checkbox"/> Continue clear liquids to stay hydrated.</li> </ul>
<p><b>1 Day Before</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Continue clear liquid diet</b> from the time you wake up.</li> <li><input type="checkbox"/> <input type="checkbox"/> <b>At 6:00 pm:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pour one bottle of SuPrep liquid into the 16 oz mixing container. Fill the rest of the container with cool water. Drink all of the mixture.</li> <li><input type="checkbox"/> <b>Take 2 GasX pills.</b></li> </ul> </li> <li><input type="checkbox"/> <b>Drink two</b> more 16 oz containers of cool/cold water over the next hour. Do not guzzle it. <ul style="list-style-type: none"> <li><input type="checkbox"/> If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.</li> </ul> </li> <li><input type="checkbox"/> Continue clear liquids to stay hydrated.</li> </ul>
<p><b>Procedure Day</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Continue clear liquid diet</b> from the time you wake up.</li> <li><input type="checkbox"/> <b>6 HOURS PRIOR to your procedure:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana.</b></li> <li><input type="checkbox"/> Pour the second bottle of SuPrep liquid into the 16 oz mixing container. Fill the rest of the container with cool water. Drink ALL the mixture.</li> <li><input type="checkbox"/> <b>Take 2 GasX pills.</b></li> <li><input type="checkbox"/> Drink two more 16 oz containers of cool/cold water over the next hour.</li> </ul> </li> <li><input type="checkbox"/> <b>4 HOURS PRIOR to your procedure</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> NO DRINKING/NOTHING by mouth – including water, gum, hard candy/mints.</li> <li><input type="checkbox"/> The only exception: If you have a critical medication that cannot be taken 4-6 hours early, it can be taken up to 2 hours before the procedure, <b>BUT ONLY WITH A SIP OF WATER</b> (no more than 2-3 TABLESPOONS).</li> </ul> </li> <li><input type="checkbox"/> If you cannot see through to the bottom of the toilet one hour after finishing your prep, please call our office for further advice after 6 am.</li> <li><input type="checkbox"/> <b>Have the following:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> A ride home. To be confirmed at check-in.</li> <li><input type="checkbox"/> Insurance cards and driver's license. Do not bring valuables.</li> </ul> </li> </ul>