

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

**Prep: SuFlave 2 Day with Magnesium Citrate**

<p><b>1 Week Before</b></p>	<ul style="list-style-type: none"> <li>❑ <b>Purchase</b> the following: <ul style="list-style-type: none"> <li>○ SuFlave Bowel Prep- Pick up from your pharmacy. If your insurance does not cover this, do not purchase it and contact our office for other options.</li> <li>○ GasX or simethicone gas relief, over the counter. You will only need 4 of these. These help decrease bubbles in your colon.</li> <li>○ 10-ounce bottle of GREEN or CLEAR magnesium citrate (over the counter laxative). <b>NO RED OR PURPLE.</b></li> <li>○ Clear liquids- Refer to <b>clear liquid diet handout</b>.</li> </ul> </li> <li>❑ <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>❑ <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 any oil-based vitamin/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 consumed them the week before your procedure, it may impact the quality of your prep.</li> <li>❑ Stop the use of any <b>illicit drugs</b> 7 days prior to your procedure or your procedure may be canceled.</li> <li>❑ If you are taking <b>prescription medications</b>, please refer to the <b>Medication Changes handout</b> for holding instructions. 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>❑ <b>Start clear liquid diet</b> from the time you wake up. Refer to <b>clear liquid diet handout</b>.</li> <li>❑ <b>At 7:00 pm:</b> Drink the 10-ounce bottle of magnesium citrate. Drink over 15 minutes to reduce nausea.</li> <li>❑ Continue clear liquids to stay hydrated.</li> </ul>
<p><b>1 Day Before</b></p>	<ul style="list-style-type: none"> <li>❑ <b>Continue clear liquid diet</b> from the time you wake up.</li> <li>❑ <b>At 5:00 pm:</b> <ul style="list-style-type: none"> <li>○ Add one flavor enhancing packet into ONE bottle of SuFlave and fill with lukewarm water up to the fill line. Shake the bottle until all powder has mixed well (dissolved). Place in refrigerator for 1 hour.</li> </ul> </li> <li>❑ <b>At 6:00 pm:</b> <ul style="list-style-type: none"> <li>○ Drink 8 ounces of solution every 15 minutes until the bottle is empty.</li> <li>○ Drink an additional 16 oz of water.</li> <li>○ <b>Take 2 GasX pills.</b></li> </ul> </li> <li>❑ Continue clear liquids to stay hydrated.</li> </ul>
<p><b>Procedure Day</b></p>	<ul style="list-style-type: none"> <li>❑ <b>Continue clear liquid diet</b> from the time you wake up.</li> <li>❑ <b>7 HOURS prior to your procedure:</b> <ul style="list-style-type: none"> <li>○ Add one flavor enhancing packet into ONE bottle of SuFlave and fill with lukewarm water up to the fill line. Shake the bottle until all powder has mixed well (dissolved). Place in refrigerator for 1 hour.</li> </ul> </li> <li>❑ <b>6 HOURS prior to your procedure:</b> <ul style="list-style-type: none"> <li>○ <b>Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana.</b></li> <li>○ Drink 8 ounces of solution every 15 minutes until the bottle is empty.</li> <li>○ Drink an additional 16 oz of water.</li> <li>○ <b>Take 2 GasX pills.</b></li> </ul> </li> <li>❑ <b>4 HOURS prior to your procedure:</b></li> </ul>

	<ul style="list-style-type: none"><li>○ NO DRINKING/NOTHING by mouth – including water, gum, hard candy/mints.</li><li>○ 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, BUT ONLY WITH A SIP OF WATER (no more than 2-3 TABLESPOONS).</li><li>□ If you cannot see through to the bottom of the toilet one hour after finishing your prep, please call the number above for further advice after 7 am.</li><li>□ <b>Have the following:</b><ul style="list-style-type: none"><li>○ A ride home. To be confirmed at check-in.</li><li>○ Bring insurance cards and driver's license. Do not bring valuables.</li></ul></li></ul>
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