

EXTENDED SUPREP INSTRUCTION SHEET

DATE: * TIME: *** CHECK-IN (You must have a driver)**

Your procedure has been scheduled with {Providers:27850} at:

{Procedure Performed At:27902}

EXTREMELY IMPORTANT TO FOLLOW THIS INSTRUCTION SHEET

PLEASE FOLLOW THE LOW RESIDUE GUIDELINES FOR 1 WEEK PRIOR TO PROCEDURE:SEE ATTACHED.

Prior to your procedure you will need to purchase the following over-the-counter: **10 oz bottle of Magnesium Citrate**, and **chewable Gas-X tablets (4 count) (ANY COLOR)**. These can be purchased in the digestive health section of any store.

TWO DAYS BEFORE COLONOSCOPY:

1. Drink the 10 ounce bottle of **magnesium citrate**. Take 10 mg of Dulcolax two hours after your **evening meal or before bed**.

WHEN YOU WAKE UP THE DAY BEFORE YOUR COLONOSCOPY: ***

1. **NO FOOD, ONLY CLEAR LIQUIDS** may be taken the day before your exam:

- You may have sport drinks, clear juices, soup broth, jello, or popsicles.
- Coffee is okay with **NO** cream
- **DO NOT** drink milk or alcoholic beverages
- **NO RED, BLUE OR PURPLE LIQUIDS**

2. **At 7 PM on the evening before procedure** complete step 1 through 4 using one (1) 6-ounce bottle:

Step 1. Pour ONE (1) 6-ounce bottle of SUPREP liquid into mixing container.

Step 2. Add cool drinking water to the 16-ounce line on the container and mix.

Step 3. At the start of drinking take 2 chewable Gas-X tablets. Drink ALL the liquid in the container.

Step 4. You **MUST** drink a minimum of two (2) more 16-ounce containers of water over the next one (1) hour.

MORNING OF COLONOSCOPY: ***

1. At *****AM (4 hours before check in)** repeat steps 1 through 4 using the other 6-ounce bottle, take 2 chewable Gas-X tablets with this dose as well. **SEE ABOVE.**

2. At *****AM (3 hours before check in)** you **CANNOT** have anything else to drink, **NOT EVEN WATER.**