

## EXTENDED SUTAB 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 5 PM** on the evening before procedure complete step 1 through 4 using one (1) 12-TABLET BOTTLE:

**Step 1.** Open 1 bottle of 12 tablets, and fill the provided container with 16 oz of water. (up to fill line), Take 2 chewable Gas-X tablets now.

**Step 2.** Swallow each tablet **ONE-AT-A-TIME** with a sip of water every 1-2 minutes until all tablets are gone, finish all the water.

**Step 3. At 6:15 PM** Fill the provided container a second time up to the fill line (16 oz) and drink the entire amount over 30 minutes.

**Step 4. At 7:15 PM** Fill the provided container a third time up to the fill line (16 oz) and drink the entire amount over the next 30 minutes.

#### **MORNING OF COLONOSCOPY: \*\*\***

1. **At \*\*\*AM (5 hours prior to check in)** repeat steps 1-2 using the other 12-tablet bottle, take 2 chewable Gas-X tablets with this dose as well. **SEE ABOVE.**

2. **At \*\*\* AM (4 hours prior to check in)** Fill the provided container a second time up to the line (16 oz) and drink the entire amount over the next 30 minutes.

3. **At \*\*\* AM (3 hours prior to check in)** Fill the provided container a third time up to the line (16 oz) and drink the entire amount over the next 30 minutes.

4. **After \*\*\* AM (2.5 hours prior to check in)** you **CANNOT** have anything else to drink, **NOT EVEN WATER.**