

(EXTRA PREP) SUPREP INSTRUCTIONS

5 DAYS BEFORE YOUR COLONOSCOPY:

- Read all prep instructions.
- Stop herbals, vitamins, and iron supplements.
- Fill your prescription for your bowel prep at your pharmacy.
- **Purchase (1) 10 ounce bottle of Magnesium Citrate over the counter.**
- **DO NOT EAT CORN OR ANY FOODS THAT CONTAIN SEEDS**

***We will call you 3 business days before your test with your arrival time. You MUST have a driver to take you home or your procedure will be cancelled.**

THE DAY BEFORE YOUR COLONOSCOPY: (clear liquids only, no solids)

CLEAR LIQUIDS:

water, clear fruit juices including apple, white grape, and white cranberry, lemonade, coffee or tea (no dairy or non-dairy creamer), chicken broth, jello, popsicles, Italian ice, Sprite, 7-up, ginger ale, and Mountain Dew. **NO RED OR PURPLE LIQUIDS.**

- **NO SOLID FOOD ALL DAY**
- **CLEAR LIQUIDS ALL DAY**
- **NO ALCOHOL**
- **NO MILK BASED PRODUCTS**
- **8AM-** Drink the whole 10 ounce bottle of Magnesium Citrate, finish by **10AM**
- Drink an **extra** 8 ounces of clear liquid every hour until 6PM.
- **6PM-** Take the medication prescribed to you to prevent nausea with a sip of water.
- **6PM-** Pour one 6 ounce bottle of liquid bowel prep into plastic cup (provided in kit). Then add water to fill line marked on cup. Drink **ALL** the liquid in the cup. You **MUST** then drink (2) 16 ounce cups of water over the next hour for a total of 32 ounces. You may continue with clear liquids until midnight.

THE MORNING OF YOUR COLONOSCOPY:

- **NO SOLID FOOD**
 - **NO ALCOHOL**
 - **NO MILK BASED PRODUCTS**
 - _____ AM (You will be given this time according to your arrival time.) Take the medication prescribed to you to prevent nausea with a sip of water.
 - _____ AM (You will be given this time according to your arrival time.) Pour one 6 ounce bottle of liquid bowel prep into plastic cup (provided in kit). Then add water to fill line marked on cup. Drink **ALL** the liquid in the cup. You **MUST** then drink (2) 16 ounce cups of water over the next hour for a total of 32 ounces. After completion of this dose, you will have nothing more to drink until after your test.
- You may apply petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.**