



## Colonoscopy Procedure Instructions

### Patient Instructions:

#### YOU WILL NEED:

- SUPREP Kit
- One 300ml bottle of Magnesium Citrate (Over the counter)

### **NO MEAT 3 DAYS BEFORE PROCEDURE (NO CHICKEN, BEEF, PORK OR FISH)**

### DAY BEFORE PROCEDURE:

Please **ONLY follow the instructions provided below:**

1. Pour ONE(1) 6-ounce bottle of SUPREP liquid into the mixing container
  2. Add cool drinking water to the 16-ounce line on the container and mix
  3. Drink ALL the liquid in the container
  4. You must Drink two (2) MORE 16-ounce containers of water over the next 1 hour.
- **Drink ONLY clear fluids ALL DAY – ABSOLUTELY NO SOLID FOOD**
  - Clear fluids include: water, apple juice, tea, white grape juice, Sprite, 7-Up, ginger ale, lemon lime Gatorade, lemonade, chicken broth, Jell-O, coffee (No creamers).
  - **NO RED OR PURPLE type liquids, No Milk or Dairy products and No solid foods.**
  - Start Prep:
    - At 10:00am- Drink the first bottle of your SUPREP kit
    - At 6:00 pm- Drink the second bottle of your SUPREP kit
    - At 8 pm - Drink the 300 ml bottle of magnesium citrate and then a full glass of water
    - **Drink plenty of clear liquids all day.**



**THE DAY OF THE PROCEDURE:**

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT**

- If you are on any blood pressure medication, please take it at 5 AM with a **SIP** of water. Bring any medicine bottles, inhalers or sleep apnea machines to the procedure.
- **NO BLOOD THINNERS.** If you are taking Coumadin, please stop taking it **THREE** days before the procedure(s).
- Stop other blood thinners **FIVE** days before the procedure(s).
  - Blood thinners include: Plavix, Ticlid, Pentoxylone, Heparin, Lovenox, BC powder, Goody powder, Aspirin, Ibuprofen, Fish Oils and Omega 3's.
- **Make sure you have someone to talk to the doctor and drive you home. You will be sedated. There are no exceptions. The procedure will be cancelled if you do not have someone to give you a ride home.**
- **DIABETICS** – No insulin or oral medications the morning of the procedure. Take only **half the dose the day before** the procedure.