

## Suprep Constipation PM - Colonoscopy Preparation Instructions

**Appointment Date: Check In Time: Procedure Performed by:**

### You will need:

- **Suprep** bowel prep. Please pick up ahead of time. This prescription was sent to your pharmacy when your procedure was scheduled. \*Please contact our office if the prescription is not covered or has a high cost\*
- Please follow these instructions and not what is included with your prep kit.
- **Magnesium Citrate** - One 10oz. bottle (No Red). This is available over the counter in the laxative section.
- **Gas-X Extra Strength** tablets/capsules/chewable (Ok if tablets are pink) or generic equivalent (simethicone 125mg). Purchase over-the-counter. You will need 8 of these.

### Special Medication and Diabetic Directions: See separate instructions.

#### One week before

Stop taking iron pills and any oil-based vitamins/supplements (A, D, E, or K, fish oil, etc.) in a pill form.  
Take your usual prescription medication during prep unless told not to.  
Aspirin, Ibuprofen and Tylenol are OK if needed.  
Avoid foods with seeds (flax seeds, popcorn, nuts and berries). They clog the colonoscope.  
Avoid marijuana use for 3 days prior to your procedure.

#### Two days before

Stop taking fiber supplements: Metamucil, Citrucel, etc.

**When you awake, begin Clear Liquid Diet. No Solid Food.** You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon (preferred) or CLEAR broth (no oil-based broth, especially Swanson brand), popsicles, and JELL-O.

Avoid the color **red** in all liquids. Avoid alcohol.

**5:00 pm:** Drink the 10 oz. bottle of Magnesium Citrate (No Red) followed by a full glass of water.

#### 1 Day before your colonoscopy

**Continue Clear Liquid Diet. No Solid Food.**

**6 PM evening before procedure:** Pour the entire contents of ONE bottle of Suprep Bowel Prep Kit into the mixing container provided. Fill the container with water to the 16 ounce fill line as indicated on the mixing container. **Drink the entire amount.** Stay extremely close to your restroom.

**Take 4 GasX pills.**

Over the next hour **drink 2 additional 16 oz. glasses of water.**

#### Day of your colonoscopy - **Continue Clear Liquid Diet. No Solid Food.**

**5-6 hours prior to your check in time:** Pour the entire contents of ONE bottle of Suprep Bowel Prep Kit into the mixing container provided. Fill the container with water to the 16 ounce fill line as indicated on the mixing container. **Drink the entire amount.** Stay extremely close to your restroom.

**Take 4 GasX pills.**

Over the next hour **drink 2 additional 16 oz. glasses of water.**

Take your regular morning medications at least 2 hours before your appointment.

**No smokeless tobacco/nicotine product of any kind - within 6 hours of your procedure.**

**DO NOT put ANYTHING in your mouth the 2 hours before your procedure. No Food. No Drink.**

This includes but is not limited to: bowel prep, medication, hard candy, and chewing gum.

You also need to arrange for an **adult driver** that is able to walk on their own, help you in and out of a car, drive you home and remain with you for 6 hours. They must remain on campus for the duration of your appointment.

**If these instructions have not been followed your appointment may be delayed or cancelled.** If you received these instructions by email, you will also receive an attachment with additional important information.