

DOUBLE SUPREP & MAGNESIUM CITRATE INSTRUCTIONS

LOCATION: _____

DATE: _____

CHECK IN TIME: _____

PROVIDER: _____

If you need to cancel or reschedule your procedure, please call us with a minimum of a 2 week notice

If you have any questions regarding the procedure or the above instructions, please contact our office at: 971-254-9884

7 DAYS PRIOR: _____

- If you are currently taking any blood thinning medication you will need to discuss this with our scheduler. We will coordinate with your prescribing physician on how you should take this medication prior to your procedure.
- **Common medication restrictions:** Coumadin (Warfarin), Effient, Eliquis, Plavix (Clopidogrel), Pradaxa, Xarelto.
- **STOP TAKING ANY NSAIDs** (e.g. Aspirin, Ibuprofen, Advil, Motrin, Nuprin, Naproxen, Aleve, Naprosyn, etc.)
- You may take Tylenol as needed.
- **STOP** all herbal medicines and supplements. Including but not limited to: multivitamins, iron, Vitamin E, and fish oil.
- **PURCHASE 2 SUPREP BOWEL PREP KITS** (with a prescription).
- **PURCHASE 1 BOTTLE OF MAGNESIUM CITRATE** (over the counter).

2 DAYS PRIOR: _____

- **DO NOT EAT** any fruits, vegetables, popcorn, beans, whole grains, nuts, or seeds.
- **DO NOT DRINK** any alcohol until after your colonoscopy.
- **DISCONTINUE** fiber supplements such as Metamucil, Citrucel, Benefiber, etc.
- **DRINK ONE BOTTLE OF MAGNESIUM CITRATE AT 6PM.**
- **BEGINNING AT 6PM, DRINK THE FIRST DOSE OF SUPREP (2 EVENINGS PRIOR TO PROCEDURE):**
 1. Pour ONE (1) 6-ounce bottle of SUPREP® liquid into the mixing container.
 2. Add cool drinking water to the 16oz line on the container and mix.
 3. Drink ALL of the liquid in the container.
 4. You **MUST** drink **TWO (2)** more 16oz containers of water over the next 1 hr
- **CONFIRM YOUR RIDE HOME** – No working or driving the day of the procedure.

THE DAY BEFORE: _____

- **BEGIN A CLEAR LIQUID DIET** when you get up this morning. **NOTHING RED OR PURPLE!**
Refer to diet sheet for acceptable clear liquids
- **YOU MAY NOT** have dairy or anything solid to eat today.
Drink a minimum of 8 glasses of water today to avoid nausea while drinking prep
- **AT 9:00AM** (the morning before your procedure):
 - **REPEAT STEPS 1-4 OF SUPREP INSTRUCTIONS**
- **AT 6:00PM** (the evening before your procedure):
 - **REPEAT STEPS 1-4 OF SUPREP INSTRUCTIONS**

CONTINUE TO DRINK LOTS OF WATER OR CLEAR LIQUIDS ALL EVENING.

This is a necessary step to ensure adequate hydration and an effective prep.

PROCEDURE DAY: _____

- **PLEASE DISCONTINUE CHEWING TOBACCO PRODUCTS 8 HOURS PRIOR TO YOUR CHECK-IN TIME.**
- **REPEAT STEPS 1-4 OF SUPREP INSTRUCTIONS AT:** _____ (5 hours before your check in time)
- **CONTINUE CLEAR LIQUID DIET UNTIL:** _____ (3 hours prior to check in time)
THEN NOTHING MORE BY MOUTH (NO CHEWING GUM, MINTS, HARD CANDIES, ETC.) Having fluids in your stomach, even a lot of saliva, puts you at risk for vomiting and possibly aspirating fluid into your lungs while you are sedated.
- Please wear loose, comfortable clothes and leave all valuables at home. Support persons are welcome in the pre-op and recovery areas. They are welcome to remain in the waiting room during your procedure. We encourage a support

person to be present at the time of discharge and with you for at least 24 hours after your procedure.
DISCHARGE INSTRUCTIONS You may not use a taxi or public transportation unless accompanied by a responsible adult.

CLEAR LIQUID DIET INFORMATION

This diet consists of clear liquids with little nutritional value, and should be followed only for a short period of time. One or two days of this diet does not represent a health risk. **A clear liquid is defined as any liquid you can shine a light through that is not foggy or cloudy and is not colored red or purple.** Listed below are clear liquid diet restrictions and acceptable beverages, desserts, and soups.

BEVERAGES: Apple juice, white grape juice, white cranberry juice, strained lemonade or limeade, tea (no milk, cream or nondairy creamer), water, carbonated and non-carbonated soft drinks, Kool-Aid, Gatorade, Powerade, or Propel.

DESSERTS: Italian ices, ice-popsicles, Jell-O without whipped topping or fruit, and hard candy.

SOUP: Clear broth or bouillon without noodles, vegetables, etc.

RESTRICTIONS: AVOID any red or purple colored clear liquids, including gelatins, beverages and ices.

DIABETICS: GENERAL GUIDELINES & INSTRUCTIONS

- **We encourage you to contact your PCP or endocrinologist to discuss proper glucose regulation during your prep.**
- Your blood glucose and vital signs will be monitored while at the facility.
- Bring your oral hypoglycemic medication to the procedure. You can take it after the procedure is over if necessary.
- Oral hypoglycemic medications generally do not need adjustments and patients may take their oral medication as directed up until the day of the procedure.
 - **For AM procedures:** You should hold the AM oral medication dose and take it after the procedure is over.
 - **For PM procedures:** you may take clear liquids in the AM up to 4 hours before the procedure. You may suck on clear hard candies or chew on sugared gum up to the procedure time for low blood sugar.
- Patients taking insulin should only take half (1/2) the usual scheduled dose before the procedure. Please call your prescribing physician with any questions regarding your medications.

GENERAL HINTS & REMINDERS

- Consider trying flushable baby wipes to help avoid irritation from wiping with toilet paper.
- You may use Vaseline or any water soluble lubricants for relief from any rectal irritation. DO NOT use Desitin ointment.
- The laxative will vary in how quickly it works from patient to patient. You may experience diarrhea within an hour, or you may have to wait several hours.
- Be prepared to describe your last few bowel movements. You will be asked about the color and appearance to make sure the preparation has worked.
- Rinsing your mouth and gargling with mouthwash can eliminate any aftertaste between doses of preparation liquid.
- If you feel nauseated or bloated while taking the prep, you may stop the prep for 30-45 minutes one time and then resume.
- If you use reading glasses, please bring them with you as you will need to read and sign a consent form and discharge sheet.