

**YOUR BOWEL PREP IS EXTREMELY IMPORTANT!
PLEASE READ INSTRUCTIONS CAREFULLY**

Prep: SuPrep 2 Day with Magnesium Citrate

<p>1 Week Before</p>	<ul style="list-style-type: none"> ❑ Purchase the following: <ul style="list-style-type: none"> ○ SuPrep Bowel Prep- Pick up from your pharmacy. If your insurance does not cover this, do not purchase it and contact our office for other options. ○ GasX or simethicone gas relief, over the counter. You will only need 4 of these. These help decrease bubbles in your colon. ○ 10-ounce bottle of GREEN or CLEAR magnesium citrate (over the counter laxative). NO RED OR PURPLE. ○ Clear liquids- Refer to clear liquid diet handout. ❑ Plan for a driver: Plan for someone to drive you home or escort you if taking alternate modes of transportation. You will be sedated for your procedure. You should not drive again until the morning after your procedure. ❑ Stop eating any visible seeds, nuts or whole grains. You can still eat fruits and vegetables if you remove the seeds from them. Refer to the dietary guidelines handout. Please do not take oil-based vitamins/supplements (A, D, E or K, fish oil, etc.) for a full 7 days before your procedure. While we may not cancel your procedure if you have accidentally consumed them the week before your procedure, it may impact the quality of your prep. ❑ Stop the use of any illicit drugs 7 days prior to your procedure or your procedure may be canceled. ❑ If you are taking prescription medications, please refer to the Medication Changes handout for holding instructions. If you did not receive this handout, contact our office.
<p>2 Days Before</p>	<ul style="list-style-type: none"> ❑ Start clear liquid diet from the time you wake up. Refer to clear liquid diet handout. ❑ At 7:00 pm: Drink the 10-ounce bottle of magnesium citrate. Drink over 15 minutes to reduce nausea. ❑ Continue clear liquids to stay hydrated.
<p>1 Day Before</p>	<ul style="list-style-type: none"> ❑ Continue clear liquid diet from the time you wake up. ❑ At 6:00 pm: <ul style="list-style-type: none"> ○ Pour one bottle of SuPrep liquid into the 16 oz mixing container. Fill the rest of the container with cool water. Drink all of the mixture. ○ Take 2 GasX pills. ❑ Drink two more 16 oz containers of cool/cold water over the next hour. Do not guzzle it. <ul style="list-style-type: none"> ○ If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution.
<p>Procedure Day</p>	<ul style="list-style-type: none"> ❑ Continue clear liquid diet from the time you wake up. ❑ 6 HOURS prior to your procedure: <ul style="list-style-type: none"> ○ Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana. ○ Pour the second bottle of SuPrep liquid into the 16 oz mixing container. Fill the rest of the container with cool water. Drink ALL the mixture. ○ Take 2 GasX pills. ○ Drink two more 16 oz containers of cool/cold water over the next hour. ❑ 4 HOURS prior to your procedure: <ul style="list-style-type: none"> ○ NO DRINKING/NOTHING by mouth – including water, gum, hard candy/mints. ○ The only exception: If you have a critical medication that cannot be taken 4-6 hours early, it can be taken up to 2 hours before the procedure, BUT ONLY WITH A SIP OF WATER (no more than 2-3 TABLESPOONS).



SPECIALTY MEDICINE, EXCEPTIONAL CARE

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| | <ul style="list-style-type: none">❑ If you cannot see through to the bottom of the toilet one hour after finishing your prep, please call the number above for further advice after 7 am.❑ Have the following:<ul style="list-style-type: none">○ A ride home. To be confirmed at check-in.○ Bring insurance cards and driver's license. Do not bring valuables. |
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Notice of Availability

If you speak another language, free language assistance services and appropriate auxiliary aids and services are available to you. Let us know how we can help.

Spanish

Si usted habla español, hay disponibles para usted servicios gratuitos de asistencia de idiomas y dispositivos y servicios auxiliares adecuados. Infórmenos cómo podemos ayudarlo.

Vietnamese

Nếu quý vị nói Tiếng Việt, chúng tôi có sẵn dịch vụ hỗ trợ ngôn ngữ miễn phí cũng như các phương tiện và dịch vụ hỗ trợ phù hợp dành cho quý vị. Xin hãy cho chúng tôi biết cách chúng tôi có thể trợ giúp cho quý vị.

Chinese

如果您说 中文，我们可提供免费的语言帮助，以及适当的辅助援助和服务。请告知我们，您需要什么样的帮助。

Russian

Если вы говорите на русском, мы можем предоставить бесплатно помощь на вашем языке, а также и соответствующие вспомогательные средства и услуги. Сообщите нам, как мы можем помочь.

Korean

한국어를 구사하시는 경우 무료 언어 지원 서비스와 적절한 보조 도구 및 서비스를 이용할 수 있습니다. 어떻게 도와드릴 수 있는 지 알려주세요.

Ukrainian

Якщо ви розмовляєте цією мовою: українська, то можете отримати безкоштовну допомогу й послуги, зокрема мовні. Повідомте нам, чим ми можемо допомогти.

Japanese

日本語を話される方は、無料の言語支援サービスや適切な補助器具やサービスをご利用いただけます。私たちがどのようにお手伝いできるかお知らせください。

Arabic

إذا كنت تتحدث [العربية]، فستتوفر لك الخدمات المجانية بشأن المساعدة اللغوية مع المعونات الملائمة والخدمات المساعدة. دعنا نعرف كيف يمكننا مساعدتك.

Romanian

Dacă vorbiți română, serviciile gratuite de asistență lingvistică și ajutoarele auxiliare adecvate sunt disponibile pentru dumneavoastră. Informați-ne cum vă putem fi de ajutor.

Thai

ถ้าคุณพูดภาษาไทย มีบริการช่วยเหลือด้านภาษาฟรี รวมถึงความช่วยเหลือและบริการเสริมที่เหมาะสมแก่คุณ แจ้งให้เราทราบว่าเราสามารถช่วยได้อย่างไร

German

Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Sprachassistenzen und geeignete Hilfsmittel und Dienstleistungen zur Verfügung. Teilen Sie uns mit, wie wir helfen können.

Persian

اگر به زبان فارسی صحبت می کنید، خدمات رایگان زبانی و وسایل و خدمات کمی مناسب در دسترس شما هستند. به ما اطلاع دهید که چگونه می توانیم کمکتان کنیم.

Somali

Haddii aad ku hadasho Soomaali, adeegyada kaalmada luqadda bilaashka ah iyo kaalmooyinka iyo adeegyada ku habboon ayaa diyaar kuu ah. Nala soo socodsii sida aan u caawin karno.

French

Si vous parlez français, des services d'assistance linguistique gratuits et des aides et services auxiliaires appropriés sont à votre disposition. Dites-nous comment nous pouvons vous aider.

Khmer

ប្រសិនបើអ្នកនិយាយភាសាខ្មែរ សេវាជំនួយភាសាខ្មែរដោយឥតគិតថ្លៃ និងឧបករណ៍ជំនួយនិងសេវាជំនួយសមស្រប មានសម្រាប់អ្នក។ សូមអនុញ្ញាតឱ្យយើងដឹងថា តើយើងអាចជួយអ្នកបានដោយរបៀបណា។

May 30, 2025