

## Colonoscopy Preparation Planner



**Procedure Time:** you will be contacted within 1 week of the procedure date with your arrival time.



**Transportation:** Once you have received your arrival time, coordinate your transportation needs for the day of the procedure. **According to State law you may not, under any circumstance, be allowed to drive a motor vehicle home or walk home once your procedure is completed. We reserve the right to cancel the procedure at any time if transportation is not confirmed.**



**Medications:** Please stop Vitamin E, any multi-vitamins containing Vitamin E, any oil based supplements, (fish oil, castor oil), and Iron supplements **1 week prior to procedure.** **DIABETICS SHOULD CHECK WITH THEIR DOCTOR REGARDING THEIR MEDICATIONS.**



### 3 days before procedure:

1. **Begin the recommended low residue diet.** (See website for more information on low residue diets)
2. **Go to the pharmacy to buy (1) bottle of Citrate of Magnesia and your SUPREP® bowel kit.**



### 2 days before procedure: (Last Chance to cancel procedure without possible financial penalties)

1. **Begin the recommended clear liquids diet at 6 PM.** (See website for more information on clear liquids)
2. Drink a minimum of (8) glasses of CLEAR liquids (total of ~64oz.), throughout the day.
3. Eat your last meal between the hours of 5-6 PM. **Following meal- drink (1) bottle of Citrate of Magnesia.**



### 1 Day before your procedure:

1. **Continue the recommended clear liquid diet.** (See website for details)
2. Drink a minimum of (8) glasses of CLEAR liquids (total of ~64oz.), throughout the day to prevent dehydration.

## **PLEASE FOLLOW THESE INSTRUCTIONS AND NOT THOSE OF THE PACKAGE INSERT!**



### **6:30-10:30 Arrival times:**

**FIRST DOSE-** Any time after 12 noon, mix (1) 6oz. container of SUPREP® with 10oz. of cool water and drink entire glass. Drink (2) more 16oz. glasses of water over the next hour.

**SECOND DOSE-** 10 hours from the time of the FIRST DOSE, mix (1) 6oz. container of SUPREP® with 10oz. of cool water and drink entire glass. Drink (2) more 16oz. glasses of water over the next hour.

### **10:45-3:30 Arrival times:**

**FIRST DOSE-** 6PM (the evening before the procedure), mix (1) 6oz. container of SUPREP® with 10oz. of cool water and drink entire glass. Drink (2) more 16oz. glasses of water over the next hour.

**SECOND DOSE-** 6AM (the morning of the procedure), mix (1) 6oz. container of SUPREP® with 10oz. of cool water and drink entire glass. Drink (2) more 16oz. glasses of water over the next hour.

**\*\* Apply Vaseline or hemorrhoid cream/wipes to any anal irritation that may occur. \*\***

### **Procedure Day:**

1. If your bowel movements are not clear – take 1-2 Fleet® enemas before leaving home. (Clear can be defined as yellow or water-clear).
2. Arrive at your appointed time wearing loose-fitting clothing, socks, and a short-sleeved T-shirt.

For any questions regarding your prep or diet restrictions, please call and leave a message on the Nurse's line at:  
860-447-0402 or visit our website for further details: [www.coastaldigestivecare.com](http://www.coastaldigestivecare.com).

**3. NOTHING TO DRINK WITHIN 4 HOURS OF YOUR ARRIVAL TIME.**