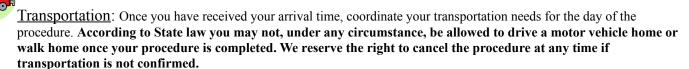
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Colonoscopy Preparation Planner

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





<u>Medications</u>: 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**. <u>DIABETICS SHOULD CHECK WITH THEIR DOCTOR REGARDING THEIR MEDICATIONS.</u>



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.

EASE 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.



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