

<b>2 DAY COLONOSCOPY PREPARATION: MAG CITRATE AND SUPREP</b>			
<b>PLEASE PURCHASE</b>	<ul style="list-style-type: none"> <li>• <b>SUPREP Kit</b> (by prescription)</li> <li>• <b>Magnesium Citrate 10 oz bottle</b> (over the counter)</li> <li>• <b>Dulcolax (bisacodyl) 5 mg pills x 3</b> (over the counter)</li> </ul>		
<b>7 DAYS BEFORE</b>	<ul style="list-style-type: none"> <li>• <b>Stop fiber supplements and iron supplements, including multivitamins</b></li> </ul>		
<b>4 DAYS BEFORE</b>	<table border="1"> <tr> <td> <p><b>Begin a LOW FIBER Diet including:</b></p> <ul style="list-style-type: none"> <li>• White or sour dough bread</li> <li>• White Rice, Pasta</li> <li>• Eggs, Chicken, Turkey, Fish</li> <li>• Cheese, Yogurt, Milk, Ice Cream, Pudding</li> <li>• Canned or cooked fruit/vegetables without skin or peel (carrots, cucumbers, potatoes)</li> <li>• Pureed fruits/vegetables (smoothies, strained puree soups)</li> <li>• Creamy peanut or almond butter</li> </ul> </td> <td> <p><b>High Fiber Foods to AVOID:</b></p> <ul style="list-style-type: none"> <li>• Raw fruits/vegetables with seeds, skin, membranes</li> <li>• Cooked/canned fruit/vegetables with skin/seeds/peel</li> <li>• Whole wheat or multigrain bread or crackers</li> <li>• Nuts, Seeds</li> <li>• Popcorn</li> <li>• Oatmeal, bran cereal</li> <li>• Brown rice, quinoa</li> </ul> </td> </tr> </table>	<p><b>Begin a LOW FIBER Diet including:</b></p> <ul style="list-style-type: none"> <li>• White or sour dough bread</li> <li>• White Rice, Pasta</li> <li>• Eggs, Chicken, Turkey, Fish</li> <li>• Cheese, Yogurt, Milk, Ice Cream, Pudding</li> <li>• Canned or cooked fruit/vegetables without skin or peel (carrots, cucumbers, potatoes)</li> <li>• Pureed fruits/vegetables (smoothies, strained puree soups)</li> <li>• Creamy peanut or almond butter</li> </ul>	<p><b>High Fiber Foods to AVOID:</b></p> <ul style="list-style-type: none"> <li>• Raw fruits/vegetables with seeds, skin, membranes</li> <li>• Cooked/canned fruit/vegetables with skin/seeds/peel</li> <li>• Whole wheat or multigrain bread or crackers</li> <li>• Nuts, Seeds</li> <li>• Popcorn</li> <li>• Oatmeal, bran cereal</li> <li>• Brown rice, quinoa</li> </ul>
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<b>3 DAYS BEFORE</b>	<ul style="list-style-type: none"> <li>• <b>Continue LOW FIBER Diet</b></li> <li>• Avoid solid foods after midnight</li> </ul>		
<b>2 DAYS BEFORE</b>	<ul style="list-style-type: none"> <li>• <b>Begin FULL LIQUID Diet:</b> <ul style="list-style-type: none"> <li>○ Smoothies</li> <li>○ Pureed soups</li> <li>○ Milk and milk products (yogurt without fruit, pudding, ice cream, sherbet)</li> <li>○ Clear liquids (see list below under “1 day before”)</li> </ul> </li> <li>• <b>6PM: Take Dulcolax 3 tablets</b> with sips of water</li> <li>• <b>7PM: Take Magnesium Citrate</b> <ul style="list-style-type: none"> <li>○ Drink the 10 oz bottle of magnesium citrate</li> <li>○ Next drink at least three 8 oz glasses of water or other clear liquid</li> <li>○ Drink ALL of this liquid within an hour</li> </ul> </li> </ul>		
<b>1 DAY BEFORE</b>	<ul style="list-style-type: none"> <li>• <b>MORNING: Start a Clear liquid diet</b> <ul style="list-style-type: none"> <li>○ Apple, White Grape, White Cranberry Juices without Pulp</li> <li>○ Clear Soup/Broth</li> <li>○ Tea or Black coffee (no milk/creamer)</li> <li>○ Gatorade/Powerade (no red, purple or orange color)</li> <li>○ Jello (no red, purple, or orange color)</li> <li>○ Popsicles (no red, purple, or orange color)</li> </ul> </li> </ul>		

	<ul style="list-style-type: none"> <li>● <b>6PM: Take SUPREP Dose 1</b> <ul style="list-style-type: none"> <li>○ Pour one bottle of SUPREP liquid into the mixing container.</li> <li>○ Add cold drinking water to the 16-ounce container and mix.</li> <li>○ Drink ALL the liquid in the container.</li> <li>○ You MUST drink two more 16-ounce containers of water over the next hour.</li> </ul> </li> <li>● Bowel movements should begin 1-2 hours after starting SUPREP but effect can sometimes be delayed by up to 4-6 hours</li> </ul>
<b>DAY OF COLONOSCOPY</b>	
<b>5 HOURS BEFORE</b>	<ul style="list-style-type: none"> <li>● <b>Take SUPREP Dose 2</b> <ul style="list-style-type: none"> <li>○ Follow the same instructions as outlined for Dose 1</li> </ul> </li> <li>● <b>By the end of the cleanse your stool should be a clear liquid with yellow or green tinge</b></li> </ul>
<b>3 HOURS BEFORE</b>	<ul style="list-style-type: none"> <li>● <b>Stop drinking/eating clear liquids</b></li> <li>● Do not chew gum or mints</li> <li>● Take regular medications with a small sip of water the morning of your procedure unless otherwise instructed by your physician</li> </ul>
<b>30 MIN BEFORE</b>	<ul style="list-style-type: none"> <li>● <b>Arrive at endoscopy suite 30 MIN PRE PROCEDURE (no later)</b></li> <li>● Bring list of current medications including doses</li> <li>● Bring a Photo ID and Insurance Card</li> <li>● Bring any applicable Referrals</li> <li>● Please do not bring any valuables</li> </ul>

### GENERAL INSTRUCTIONS:

<b>IF YOU HAVE DIABETES</b>	<ul style="list-style-type: none"> <li>● Contact your primary care doctor or endocrinologist for instructions regarding your medications</li> </ul>
<b>IF YOU TAKE MEDICATION TO THIN YOUR BLOOD</b>	<ul style="list-style-type: none"> <li>● Contact your gastroenterologist for further instructions at (212) 427-8761</li> <li>● Medications include but are not limited to: <ul style="list-style-type: none"> <li>○ Heparin, Lovenox, Warfarin (Coumadin), Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Lixiana, Savaysa), Betrixaban (Bevyxxa), Clopidigrel (Plavix), Prasugrel (Effient), Brilinta (Ticagrelor)</li> </ul> </li> </ul>
<b>IF YOU TAKE ASPIRIN OR BLOOD PRESSURE MEDICATION</b>	<ul style="list-style-type: none"> <li>● Continue to take these medications</li> </ul>
<b>ESCORT</b>	<ul style="list-style-type: none"> <li>● Please ensure that you have an escort (responsible adult over the age of 18) to pick you up at the end of the procedure.</li> </ul>