

## Mag. Citrate / Suprep

**!!!! DO NOT FOLLOW THE INSTRUCTIONS IN THE BOX !!!!**

Get from the pharmacy: (1) 10 ounce bottle Citrate of Magnesium OTC  
Rx—SUPREP bowel prep kit

### 2 DAYS BEFORE YOUR PROCEDURE:

- Stay on your Regular diet—eat whatever food you normally eat
- **5 PM**- drink the 10 ounce bottle of **Citrate of Magnesium**
  - You should have a bowel movement within 1 to 6 hours

### THE DAY BEFORE YOUR PROCEDURE:

- START A **CLEAR LIQUID DIET** WHEN YOU GET UP IN THE MORNING

FOOD ALLOWED ON A CLEAR LIQUID DIET	
BEVERAGE	Water, Coffee, Tea, Carbonated beverages, Apple Juice, White grape Juice, warm or cold flavored gelatin, fruit flavored drinks and powders{ Gatorade, Country time, Crystal light, Kool-Aid}
SOUP	Fat free broth or bouillon
DESSERT	PLAIN fruit flavored gelatin, Popsicles, slushes, ices, hard candy, jelly beans
CONDIMENTS	Sugar, Artificial sweeteners, Non-fat/non dairy, liquid or powdered creamers {Coffemate, Creamora}
FOODS NOT ALLOWED	
	NO SOLID FOOD
	NO dairy products: cheese, milk, half&half, Slim Fast, Glucerna, Boost, Ensure
	NO purple or red colorings ORANGE coloring IS ACCEPTABLE

- **5 PM** – Pour one (1) 6 ounce bottle of the SUPREP laxative into the mixing cup (it came in the kit). Add cool water to the red line on the cup (that will equal sixteen ounces) with the laxative. Stir and mix the mixture. Drink the entire mixture in the cup.
- **In the next hour**—drink two (2) 16 ounce cups of clear liquid. These 2 glasses are to prevent you from becoming dehydrated
- You should have BM's within 30 – 60 minutes
- Use a straw or eat hard candy between glasses, if necessary
- Bloating will occur, it will pass.
- Walk around the house or rock in a chair to relieve bloating
- **Continue drinking** clear liquids of your choice until you go to bed
- Take any prescribed PM medications when your BM's slow down

### THE MORNING OF THE PROCEDURE:

- **5 hours before leaving home** mix and drink the second (2<sup>nd</sup>) bottle of the SUPREP. Follow the same mixing instructions as last night.
- **In the next hour** drink two (2) 16 ounces glasses of water

<b>12 HOURS before your procedure:</b> STOP SMOKING
<b>6 HOURS before your procedure:</b> No candy, mints, jelly beans or chewing gum
<b>3 HOURS before your procedure:</b> Take any regularly prescribed medication. DO NOT TAKE diabetic medication, potassium pills or diuretics (water pills)
<b>STOP DRINKING LIQUIDS AT:</b>

- ARRIVE at: \_\_\_\_\_ AT \_\_\_\_\_ TO COMPLETE YOUR PREPARATION PRIOR TO THE PROCEDURE.

### Miscellaneous

- ✓ Contact your Primary Care physician, if necessary, for any adjustments in your medications, i.e. blood thinners, diabetic medication. (Please refer to list of medications to stop prior to a procedure)