

Gastroenterology
and Hepatology

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SUPREP® COLONOSCOPY PREPARATION INSTRUCTIONS

ANY TIME:

1. Purchase one 10 oz. bottle of Magnesium Citrate.
Fill your prescription for one SUPREP kit.



THE DAY BEFORE COLONOSCOPY:

2. Drink only clear liquids. Absolutely no pulpy juices or dairy products. It is very important that you are well hydrated throughout the prep day otherwise the prep will be less effective and may cause significant dehydration and electrolyte abnormalities.
3. In the morning, drink the entire 10 oz. bottle of Magnesium Citrate.
4. In the late afternoon or early evening, pour one 6oz. SUPREP bottle into the mixing container. Add cool water to the 16oz line. Drink the entire container over 30 minutes.



5. Drink an additional two 16 oz. Containers of clear liquid of your choice over the next hour.
6. Take a break, get some sleep.



ON THE DAY OF COLONOSCOPY:

7. Wake up four hours prior to your appointment and repeat steps 4 and 5 above.
8. You may continue to drink clear liquids until two hours prior to your appointment. Take morning medications prior to this time.
9. Unless instructed otherwise, continue your usual medications as prescribed.

AFTER THE COLONOSCOPY:

10. Relax, nap, lunch or a snack. **DO NOT DRIVE** for 12 hours. Call to schedule a follow up visit. While major findings are discussed right away, a follow up office visit allows me to discuss procedure and biopsy results, assess your progress, answer questions, and review future care needs.

HELPFUL HINTS

WHAT ARE CLEAR LIQUIDS?

Clear liquids include Water, Gatorade, Kool-Aid, Crystal Lite, Jello, Broth, Soda, Coffee or Tea (no creamer), Apple or Cranberry juice, Popsicles, Italian Ice.

“Red” colored drinks are OK, but may come out red.

I HAVE A HEART MURMUR. DO I NEED ANTIBIOTICS?

No, even if your dentist recommends that you take them prior to a dental procedure.

CAN I TAKE ASPIRIN, ADVIL, ALEVE?

Yes. Aspirin and similar products do not substantially increase the risk of bleeding.

WHAT IF I GET SORE?

Some people prefer baby wipes, rather than toilet tissue. Vaseline can be soothing.