

5 days prior to your procedure

Go to your pharmacy

Purchase these over-the-counter supplies:

- Prescribed bowel preparation kit
- (1) 10-ounce bottle of magnesium citrate (in a clear or sometimes green bottle)
- (1) 238 gram bottle of Miralax and
- (2) 32-ounce bottles of Gatorade (NOT RED OR PURPLE)



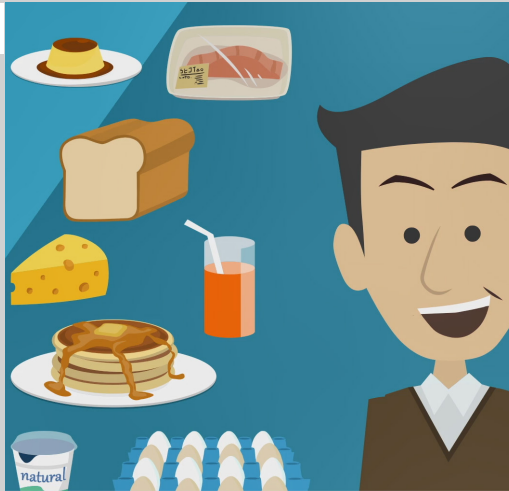
3 days prior to your procedure

Begin a low fiber diet

These foods are **NOT ALLOWED**:

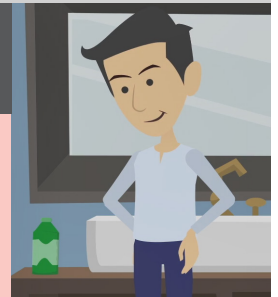
These foods are **ALLOWED**:

- White breads with no nuts or seeds
- White rice
- Well-cooked or canned fruit
- Vegetables without skin or seeds
- Fresh fruit like bananas, cantaloupe, honeydew, and watermelon
- Eggs, dairy products
- Fish / Poultry
- Unprocessed meats
- Pasta



- Whole wheat or whole grain breads, cereals, and pasta
- Brown, wild rice, or other whole grains (oats, kasha, barley, quinoa)
- Dried fruits, coconut
- Raw fruit, including those with seeds, skins or membranes, such as berries
- Corn, popcorn
- Dried beans, peas, and lentils
- Seeds / nuts or any foods containing them
- Salads

Two hours after your evening meal, drink 10 ounces of magnesium citrate followed by 8-10 ounces of water. Start a clear liquid diet - no solid or soft foods. Alcohol and red or purple colored liquids are not allowed.



2 days prior to your procedure

Mix (2) 32-ounce bottles of Gatorade with the 238 gram bottle of Miralax. Drink this solution throughout the day. **Continue to drink additional clear liquids as well throughout the day.**

1 day prior to your procedure

- **Continue your clear liquid diet.**
- **No solid or soft foods.** Drink at least 64 ounces (about 2 liters) of clear liquids throughout the day.
- **Alcohol and red or purple colored liquids are not allowed!**
- **At 7:00 pm**, take first round of prep. Pour (1) bottle of suprep into the cup provided then fill the cup to the line with water. Drink all of the liquid in the cup then drink two (2) more 16-ounce glasses of water over the next hour.



procedure day

5 hours prior to your arrival:

Repeat mixing instructions and drink **all** remaining prep and water.

Stop drinking all clear liquids 2 hours prior to your arrival time.



Colonoscopy Prep Instructions

Suprep™ with Magnesium Citrate, Miralax, and Gatorade

Read these instructions at least 5 days prior to procedure.

You must have an adult drive you home. Taxis are not allowed unless you have an adult with you. If you need help with a ride, call 360-397-3430.

To cancel or reschedule your appointment please call **360-397-3805**.

Procedure Date: _____

Dr. _____

Your procedure may be postponed if:

- Your bowels are not clean
- You don't have a driver over 18 years of age
- You eat or drink after the time you have been instructed to stop

You will receive a nurse call 7 days prior to your procedure. Your procedure time may change even on the day of your procedure. Please read all instructions **prior** to the nurse call.

You will receive an automated call or text with your arrival time 3 business days prior to procedure. If you are not signed up for the automated option you will receive a call 2 business days prior to procedure with your check-in time. Your procedure and arrival time are **not** available to view on MyChart.

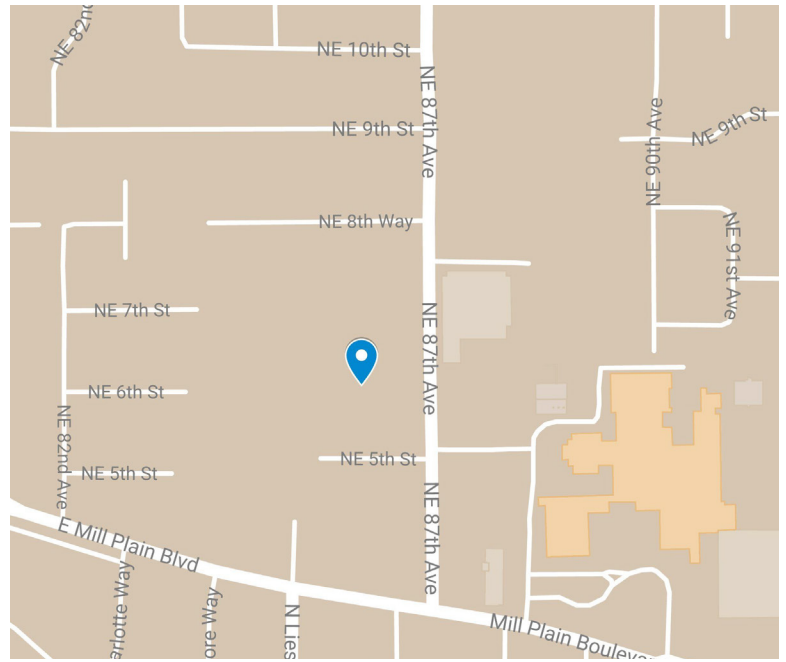
Vancouver Clinic's Ambulatory Surgery Center is at our 87th Avenue location

700 NE 87th Avenue, Suite 320, Vancouver, WA, 98664

Bowel preparation is very important. Please read these instructions carefully.

On the day of your procedure

- You may take your routine medications with a small sip of water.
- **Diabetes medications or anti-coagulants are an exception.**
(Please refer to separate pamphlet)
- You may brush your teeth and shower prior to leaving home.
- Do not wear any jewelry or bring any valuables with you.
- During the procedure you will receive sedation (unless you request otherwise) through an IV.
- Your physician will discuss any findings of your procedure with you in recovery and you will receive a copy of your procedure note to take home with you.
- If biopsies are taken or polyps removed, you will receive a letter or MyChart message in 2-3 weeks.
- Your procedure may not be where your office appointment was.



If your bowel movements are not clear-yellow and you cannot see to the bottom of your toilet by the time you are ready to leave your house, please call us at (360) 397-3430 to discuss.