

**NORTHERN VIRGINIA GASTROINTESTINAL ASSOCIATES, LTD.**  
**3301 Woodburn Road, Suite 107**  
**Annandale, VA 22003**  
**703-876-0437**

**TWO-DAY COLON PREP USING THE SUPREP-MAG PREPARATION**

You will need to go to your pharmacy and purchase **two 10 oz bottles** (green label) of **Magnesium Citrate** over the counter, then go to the pharmacist to pick up your prescription **Suprep Bowel Prep Kit**.

**DAY ONE:**

**Upon waking two days before your scheduled colonoscopy, you will begin your liquid diet.** You may have water, clear juices, coffee, tea, broth, ginger ale, sprite, 7-up, Popsicles and Jell-O. **NO RED OR PURPLE.** Be sure to drink lots of fluids throughout the day so that you will not become dehydrated.

**At 7:00 pm**, pour **ONE** (1) 6-ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container. Drink **ALL** the liquid in the container. You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

**DAY TWO:**

**At 7:00 am the next morning**, pour **ONE** (1) 6-ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container. Drink **ALL** the liquid in the container. You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

**At 7:00 pm that evening**, you will drink one bottle of Magnesium Citrate followed by 8 oz of clear liquids. Continue to drink liquids throughout the evening.

**MORNING OF PROCEDURE:**

**At 6:00 am the next morning**, you will drink the second bottle of Magnesium Citrate followed by 8 oz of clear liquids. **DO NOT DRINK ANY MORE LIQUIDS AFTER THIS POINT.**

Your procedure is scheduled at **Woodburn Endoscopy Center** on \_\_\_\_\_ at \_\_\_\_\_ am/pm. This is located at **3301 Woodburn Road, Suite 109 Annandale, VA 22003.**

**Please arrange for someone to drive you home after the procedure.**

**Please report to the Center 45 minutes prior to your procedure time.**

There is a **\$250.00 LATE CANCELLATION FEE** for procedures not cancelled at least **SEVEN (7) DAYS** prior to your procedure date. Your insurance will not cover this fee, you are responsible for payment. If you must cancel, do not call the facility where your procedure is scheduled **call our office at 703-876-0437.**