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Colonoscopy Prep Instructions – **SUTAB**



FOLLOW THE INSTRUCTIONS ON THIS PAPER. DO NOT FOLLOW INSTRUCTIONS ON THE SUTAB BOX

PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED

5-7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p>Take your PRESCRIPTION to the pharmacy and purchase the Sutab kit.</p>  <p>Also purchase GasX tablets (simethicone). The cherry flavored pink tablets are approved for use during this prep.</p> <p>Review clear liquid list (see back of this form) in advance to allow yourself time to stock up on these items for your preparation days.</p> <div></div> <p>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban), Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p>STOP all fiber supplements and medications containing iron 7 days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel, and Fibercon.</p> <p>Arrange for a driver on the day of your procedure.</p>	<p>STOP consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none">NO raw vegetablesNO corn (raw or cooked)NO whole wheat or high fiber breadsNO nuts or popcornNO bran or bulking agents <p>Confirm that you have a driver for the day of the procedure. A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.</p> <p>Review paperwork and sign</p> <ul style="list-style-type: none">Procedure authorizationNotice of Privacy PracticesAny other paperwork in the surgery center packet	<p>NO SOLID FOOD, NO ALCOHOL Clear liquids ALL DAY AVOID anything red or purple in color. NO milk products or non-dairy creamer. SEE APPROVED CLEAR LIQUID LIST ON BACK OF FORM DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN, or JANUVIA Take only ½ of your regular insulin dose.</p> <hr/> <p>Step 1: At 4:00pm, Fill the plastic container that comes with the Sutab kit with water (there is a fill line on the container). Drink the entire cup of water over the next hour.</p> <p>Step 2: At 5:00pm, Fill the plastic Sutab container with water again. Open ONE of the two bottles in the kit. It will contain 12 tablets. Swallow one tablet at a time with a sip of water every 3-4 minutes. If you run out of water, you can drink more water. If you become uncomfortable or nauseated, take a break for a few minutes and then resume taking tablets every 3-4 minutes until all 12 are consumed. Then take one Gas X tablet. This process can take up to an hour.</p> <p>Step 3: About one hour after taking the last tablet, fill the container that comes with the Sutab kit with water and drink over the next 30 minutes.</p> <p>Step 4: About 30 minutes after finishing the water from step 3, fill the container that comes with the Sutab kit with water again and drink that within the next 30 minutes</p> <p>Slow down if at any time you feel nauseous, bloating, or cramping Continue on clear liquids until bedtime</p>	<p>NO SOLID FOOD, NO ALCOHOL DIABETICS: Do NOT take oral medication DIABETSA, GLUCOPHAGE, METFORMIN, or JANUVIA If you take insulin, DO NOT take your morning dose of insulin. You must take your blood sugar before leaving home. If your blood sugar level is above 300, please take your Regular insulin according to your provider's instructions/sliding scale. -Please bring your insulin with you to the procedure center. -All patients may take all other morning medications with sips of water.</p> <hr/> <p>At 8 hours before your procedure, fill the Sutab container with water to the line and drink the whole container over the next one hour. At 7 hours before your procedure, take 2 Gas X tablets and repeat steps 2 through 4</p> <div></div> <p>remember to wait 3-4 minutes between tablets. Its important to have these steps completed by 3 hours prior to your procedure.</p> <p>You may continue to drink water until 3 HOURS PRIOR to your procedure.</p> <p>DRINKING LIQUIDS WITHIN THESE 3 HOURS WILL CAUSE YOUR PROCEDURE TO BE CANCELED OR POSTPONED!</p>

A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is **IMPORTANT**. It does cause diarrhea and possibly abdominal cramping.

CLEAR LIQUIDS APPROVED LIST

NO RED or PURPLE

Must be something you can see through...



- Gatorade or Powerade
- Clear broth or bouillon – chicken or beef
- Coffee or Tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-aid or Crystal Light
- Fruit Juices (NO PULP)
- Jell-o, Popsicles, or Italian Ice

DON'T FORGET – these foods are NOT ALLOWED!



- Milk or Milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit, or Tomato Juice
- Creamed soups or any soup other than broth
- Oatmeal or Cream of Wheat
- Pudding or yogurt

Colon Cleansing Tips

- You may use over the counter hydrocortisone creams, tucks pads, or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- Chill the solution in the refrigerator or by placing in a bowl of ice. DO NOT add ice to the solution.
- Stay near the toilet! You will have diarrhea, which can be quite sudden...this is normal!
- If you experience nausea or vomiting, rinse your mouth with water and take a break ☺. Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- It is common to experience abdominal discomfort until the stool has flushed from your colon.
- Some find it easier to drink through a straw.
- Eventually, your stools will be liquid and clear enough to see the bottom of the toilet.
- If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID – YOU MUST DRINK ALL OF THE PREP!**

THINGS TO BRING WITH YOU

- ✓ A RESPONSIBLE DRIVER
- ✓ YOUR INSURANCE CARDS
- ✓ A PHOTO ID
- ✓ SIGNED PAPERWORK FOR THE FACILITY