GASTRO HEALTH

YOUR COLONOSCOPY IS SCHEDULED FOR:

Date of Procedure: _____

Gastro Health Physician: _____

Arrival Time: _____

Facility/address: _____

Phone: _____

Registration Assistant: _____

Appointments missed or canceled with less than 72 hours' notice may result in a fee in accordance with applicable office policies.

DAY BEFORE-CLEAR LIQUID
PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH SUTAB.

PLEASE REVIEW THE INSTRUCTIONS ***AT LEAST 3 DAYS PRIOR*** TO THE PROCEDURE USE THESE PREPARATION INSTRUCTIONS ***AND NOT*** THOSE INCLUDED WITH SUTAB.



It is important that you follow these directions carefully and complete the entire preparation to ensure the most effective cleansing.

- If you are taking any blood thinners and/or insulin **AND** this was **NOT** discussed with your doctor at the time of scheduling the procedure, please call us **BEFORE** starting the preparation. These include, but are not limited to *Aspirin, Coumadin-(Warfarin), Plavix-(Clopidogrel), Xarelto-(Rivaroxaban), Pradaxa-(Dabigatran), Elequis-(Apixaban), Arixtra-(Fondaparinux), Effient-(Prasugrel), Aggrenox-(Aspirin/Dipirydamole), and all NSAIDs (Ibuprofen, Motrin, Aleve, Naproxen, Celebrex, Mobic).*
- **YOU MUST CONTINUE TO TAKE ALL** your other medications every day prior to the colonoscopy AND take them with a small sip of water on the day of your colonoscopy.
- **IF YOU ARE DIABETIC, DO NOT** take your diabetic pills the evening prior or day of the colonoscopy.
- Please plan to have someone drive you home after the procedure. You will not be allowed to drive yourself home.
- You cannot take an Uber, Lyft, taxi, or public transportation home from your procedure without an adult companion.

DAY BEFORE PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH SUTAB

3 DAYS BEFORE THE PROCEDURE

STOP eating fruits and vegetables including beans, corn and seeds.

THE DAY PRIOR TO THE PROCEDURE

You may not have any solid food. If desired, you may have a liquid yogurt only for breakfast before 10 AM, no later. After 10 am, you may have only clear liquids. For example: water, coffee, tea, broth, sodas, apple juice, Gatorade, Kool-aid, Jell-O, popsicles, and hard candy. It is important to drink additional clear liquids before your prep to maintain adequate hydration.

DO NOT DRINK MILK. DO NOT DRINK LIQUIDS THAT ARE RED OR PURPLE IN COLOR.

BEGIN YOUR SUTAB

Step 1:
Starting between 5:00 PM and 7:00 PM the evening before your colonoscopy, open one bottle of 12 tablets **(do not take all 12 tablets at once).** Fill the provided container with 16 ounces of water (up to the fill line). Swallow one tablet every 2-3 minutes with a sip of water and drink the entire amount over 30 minutes.

Step 2:
Approximately one hour after the last tablet is ingested, fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

Step 3:
Approximately 30 minutes after finishing the second container of water, fill the provided container again with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

It is essential to drink the entire amount of liquid instructed. If you experience nausea, bloating or cramping, pause or slow the rate of drinking the additional water until symptoms diminish.

THE DAY OF THE PROCEDURE

Step 4:
Starting at _____ (5 hours before the arrival time) open the second bottle of 12 tablets **(do not take all 12 tablets at once).** Fill the provided container with 16 ounces of water (up to the fill line). Swallow one tablet every 2-3 minutes with a sip of water and drink the entire amount over 30 minutes.

Step 5:
Approximately one hour after the last tablet is ingested, fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

Step 6:
Approximately 30 minutes after finishing the second container of water, fill the provided container again with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

It is essential to drink the entire amount of liquid instructed. If you experience nausea, bloating or cramping, pause or slow the rate of drinking the additional water until symptoms diminish.

YOU MUST COMPLETE STEP 6 AND STOP ALL LIQUIDS BY _____ (At least 2 hours before your Arrival Time)

Please call us if you have any questions or if you are having difficulty with the preparation.