



Patient:

COLONOSCOPY

DATE: PROCEDURE TIME: PLEASE ARRIVE AT:

SUTAB INSTRUCTIONS

- If you are scheduled at **Northeast Endoscopy Center, 59 Lowes Way, Lowell, MA**. Please arrive 45 minutes prior to your procedure. If you are scheduled at 7:30 AM, please arrive at 7:00 AM.
- If you are scheduled at **LOWELL General Hospital Main Campus, 295 Varnum Avenue, Lowell, MA**. Please arrive 1 ½ hours prior to your procedure. If you are scheduled at 8:00 AM, please arrive at 7:00 AM.
- **Preparation:** Please pick up your prep from the pharmacy upon receipt of the instruction. Pharmacy will only hold prescription for 5 days.

A family member or friend **MUST** drive you to and from your procedure. You will not be able to work or drive the day of your procedure.

If you need to reschedule or cancel this procedure, you must do so at least 3 business days prior to avoid a possible \$150 cancellation fee.

Please call our office if you are a diabetic patient or patient taking blood thinners for additional specific instruction.

Please follow instruction provided below and disregard any instruction provided by the manufacturer/ pharmacy.

- **7 days prior** to the procedure **STOP** Aspirin, Advil, Aleve, Celebrex, Motrin, Ibuprofen, Fish Oil and Iron supplements. Tylenol or other acetaminophen-based products are OK.
- **7 days prior** to the procedure **STOP** GLP-1 agonists medications used for diabetes or weight loss. (Examples: Trulicity, Ozempic, Wegovy, Zepbound, Mounjaro, etc)
- **3 days prior** to the procedure no fruits or vegetables with skins or seeds.
- **If you smoke, please stop smoking 2 days prior to your procedure.**
- **Do not use marijuana eight hours prior to procedure as it could cause complications/ adverse effects.**
- **The day before the procedure upon awakening DO NOT EAT ANY SOLID FOODS OR CONSUME MILK OR DAIRY PRODUCTS.**
- **CLEAR LIQUIDS DIET ONLY.** Clear liquids you may have are apple juice, water, Coke, Sprite, Ginger Ale, black coffee, black tea, Gatorade, PowerAde, white grape juice, clear chicken or beef bouillon, popsicles, Jell-O. (No red or purple). Cranberry juice is allowed because it contains no artificial dyes.

- **Please try to drink some clear fluids 4-8 ounces every 30 minutes all day.**
- At **5pm** the day before your procedure open a 1 bottle of 12 tablets. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a SIP of water and drink the entire amount of water over the next 15 to 20 minutes. Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes. Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes. You may continue to drink only clear liquids until you begin the second dose of the prep.
- At **3am** on the day of your procedure, open the second bottle of 12 tablets. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a **SIP** of water and drink the entire amount of water over the next 15 to 20 minutes. Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill like), and drink the entire amount over 30 minutes. Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.
- You can **NOT** have any liquids from this point forward until after your procedure is completed.
- Some medications may be taken with a small amount of water just before leaving for the hospital or endoscopy center. Blood pressure medication should be taken the morning of the procedure.
- If you develop significant nausea, vomiting or abdominal pain, **STOP** the preparation for 30 minutes then **RESUME**. If symptoms recur or if you have any other problems with the preparation, please contact our office immediately as there is always a physician on call.