

PLEASE READ THESE INSTRUCTIONS CAREFULLY, AS SOON AS YOU RECEIVE THEM!!!

DATE: _____ ARRIVAL TIME: _____ PROCEDURE TIME: _____

General Instructions:

Please let us know if you have an Implantable Defibrillator or on a blood thinner

- DO NOT eat corn or popcorn 1 (one) week before your procedure.
- PLEASE HOLD THE FOLLOWING _____ FOR _____ DAYS PRIOR TO PROCEDURE
- **PLEASE HOLD THE FOLLOWING 1 WEEK PRIOR:**

Byetta (Exenatide)	Victoza (Liraglutide)	Adlyxin (Lixisenatide)
Saxenda (Liraglutide)	Lyxumia (Lixisenatide)	Mounjaro (Tirzepatide)
Trulicity (Dulaglutide)	Ozempic (Semaglutide)	Wegovy (Semaglutide)
Rybelsus (Semaglutide)	Bydureon (Exenatide)	Zepbound (Tirzepatide)
- **DIABETIC PATIENTS** please follow these guidelines:
 - Oral antidiabetic medications** – do not take the day before or day of your procedure
 - Insulin** –day before exam take ½ a dose in the morning or afternoon, **NO evening** doses of insulin the day before exam
 - Sliding Scale Insulin** – check blood sugar and follow the scale

****Please check blood sugar on day of procedure****
- You will need to **have a designated driver, WHO REMAINS IN THE FACILITY AT ALL TIMES** on the day of your procedure, (not a taxi) as you will be sedated and too sleepy to drive yourself home.
- **NO CHEWING GUM, SMOKING, INGESTION OF MARIJUANA, OR ALCOHOL OF ANY KIND WITHIN 24 HRS OF YOUR PROCEDURE.**

A Minimum of One Week Prior you will need to purchase

(1) **SUTAB bowel prep kit**

**Consider preparing/purchasing items from the clear liquid list ahead of time (example - preparing Jell-O) **

Day Before Examination

****DO NOT USE INSTRUCTIONS THAT COME IN THE PREP BOX****

Drink **ONLY “Clear Liquids”** for the **ENTIRE** day prior to the procedure (from the time you wake up until the time you go to bed). **Drink at least 2 quarts of “Clear Liquids”**. Solid foods, milk or milk products are **NOT** allowed!

DOSE 1:

1. At **7:00 pm** the evening before the colonoscopy, open the bottle of **12** tablets. Fill the provided container with 16 oz of water. Swallow each tablet with a sip of water, drinking the entire amount over 15 to 20 minutes.
2. Approximately 1 hour after last tablet is taken, fill the container and drink entire amount over 30 minutes.
3. Approximately 30 minutes after the second container of water, fill the container with water and drink entirely over 30 minutes.

DOSE 2:

1. At _____ (8 hours before your colonoscopy) start Dose 2
REPEAT STEPS 1 THRU 3 FROM DOSE 1 ABOVE

****YOU MUST STOP DRINKING ANY CLEAR LIQUIDS SIX (6) hrs. BEFORE YOUR ARRIVAL TIME****

Day of Examination:

1. **BRING LIST OF CURRENT MEDICATIONS WITH DOSAGE WITH YOU ON THE DAY OF THE PROCEDURE.** If you use an **inhaler or C-Pap machine**, please bring it with you.

2. **6 hours before you leave for your procedure:** If you take heart, blood pressure and/or seizure medication (if normally taken in the morning), please take these pills with **ONLY a small SIP of water** then **NOTHING** to drink after.

****YOU MUST STOP DRINKING ANY CLEAR LIQUIDS SIX (6) hrs. BEFORE YOUR ARRIVAL TIME****

CLEAR LIQUIDS INCLUDE:

- Strained fruit juices, without pulp (Apple, white grape, white cranberry)
- Water
- Clear broth (chicken or beef)
- Gatorade (**NO RED**)
- Black Coffee (**NO CREAM or SUGAR**)
- Ice Popsicles (**NO RED**)
- Clear carbonated and non-carbonated Soft drinks (7-Up, Sprite, Starry, Mt Dew, etc.)
- Kool-Aid & fruit flavored drinks
- Plain Jell-O (**NO RED and without fruits or toppings**)
- Unsweetened Tea