Colonoscopy with SuTab

Name:_____DOB:_____

Procedure scheduled for:_____at:_____

Arrival time:_____

STARTING 5 DAYS BEFORE YOUR PROCEDURE:_____

STOP taking iron, fish oil or vitamin E supplements

STOP eating seeds, nuts, popcorn

OK to take regular medications

Make sure you have picked up your prep and Milk of Magnesia from the pharmacy.

TWO DAYS BEFORE YOUR PROCEDURE:_____

If you have any issues with constipation, take 30 ml of Milk of Magnesia before you go to bed.

THE DAY BEFORE YOUR PROCEDURE:_____

Clear liquid diet ALL day for breakfast, lunch and dinner. Clear liquids include; apple/white grape juice, Sprite, Gatorade (not red, blue or purple), chicken broth, Jello or popsicles (not red, blue or purple), black coffee (no milk or cream) & tea. NO SOLID FOOD THE ENTIRE DAY BEFORE YOUR PROCEDURE!

4:00 pm:

Remove 12 SUTAB tablets and pour a 16-ounce container of water. Swallow each tablet with a sip of water and drink the entire 16 ounces within 20 minutes.

One hour after swallowing your last tablet drink 16 ounces of water within 30 minutes.

30 minutes after finishing the second 16 ounces of water, drink another 16 ounces of water within 30 minutes.

Diarrhea usually starts between 1 and 3 hours after starting to drink the fluid, and may last up to 3 hours, but then should stop.

**If you have not started having liquid stool by 8:00 pm, take 30 ml of Milk of Magnesia.*

THE MORNING OF PROCEDURE:_____

5 hours before your procedure time:_____ (8 hours before if you are having a double procedure)

Take out remaining 12 tablets of SUTAB and pour a 16-ounce container of water. Swallow each tablet with a sip of water and drink the entire 16 ounces within 20 minutes.

30 minutes after swallowing your last tablet drink 16 ounces of water within 30 minutes.

30 minutes after finishing the second 16 ounces of water, drink another 16 ounces of water within 30 minutes.

Do not skip this dose of your bowel prep, even if you are running clear when you go to the bathroom. The second dose of prep washes away the bile that your body produces overnight. Your procedure may be cancelled or aborted if you do not do the second half of your prep.

THREE HOURS BEFORE YOUR PROCEDURE, YOU MUST STOP DRINKING ALL FLUIDS, EVEN WATER.

(IF YOU ARE HAVING A DOUBLE PROCEDURE, YOU MUST STOP ALL FLUIDS SIX HOURS BEFORE)

See reverse side for additional instructions.

SPECIAL INSTRUCTIONS:

◯ Nausea-if you have been prescribed Zofran (ondansetron) to prevent nausea, place 1 tablet under tongue 30 minutes before each dose of your prep. Allow yourself extra time to drink prep slowly.

◯ High Blood Pressure-if you usually take your blood pressure medication in the morning, please take it the morning of your procedure with a small sip of water no later than three hours prior to your procedure. If your blood pressure is too high when you come in, your procedure may be cancelled.

◯ Diabetics-if you only take oral medications, do not take it the morning of your procedure. If you take insulin, monitor your blood sugar carefully throughout your prep. Do not take insulin the morning of your procedure but bring it with you to your appointment. Contact your endocrinologist for specific advice on how to safely do your bowel prep.

◯ On prescription blood thinners-your provider may have recommended that you hold your blood thinner for your procedure. Our office will contact the prescribing physician for approval. If you have not heard from us within a week of your procedure for instructions, call our office.

◯ History of a failed or incomplete bowel prep-7 days prior to your procedure take one dose (17 g or 1 capful) of Miralax every evening for 5 days. Then follow the regular prep instructions.

◯ On prescription weight loss medications-certain prescription weight loss medications are unsafe to take when you are having anesthesia. Please contact the physician who prescribes these for you for instructions about tapering. If you are on any medication containing phentermine, you must be off of it for at least 7 days before you have anesthesia.

If you have questions about your prep, call_____ 434-817-8484 ext:

IMPORTANT TRANSPORTATION NOTE

_____Patients cannot drive a vehicle for the remainder of the day after having sedation. Please be sure to bring a responsible adult with you to drive home after your procedure.

PROCEDURE CANCELLATION, LATE ARRIVAL AND NO-SHOW POLICY

_____Our office must be notified of all procedure cancellations at least two days prior to your appointment. Failure to do so will be subject to a $100 no-show fee. You must arrive at least 30 minutes prior to your procedure time, late arrivals are not guaranteed to have their procedure.

By signing below, I acknowledge that I have read and understood the information provided on this form. I understand that I am responsible for adhering to the preparation and all policies listed above, which were reviewed with me.

Patient Name:_____Signature:_____