

INSTRUCTIONS FOR COLONOSCOPY SUTAB PREP

FIVE DAYS PRIOR TO YOUR EXAM

- Purchase your SUTAB bowel prep at the pharmacy.
- Discontinue all blood thinning drugs (prescription and non-prescription), including: Coumadin, Plavix, Xarelto, Eliquis, Pradaxa, Prasugrel, Brilinta, Cilostazol, Aggrenox, (Anacin, Excedrin, Advil, Naprosyn (Naproxen), Alka Seltzer, Ibuprofen, Motrin, Aleve, or any arthritis pain medications.

REMEMBER! The physician that prescribed your blood thinner medication **MUST** approve this action **BEFORE** you discontinue these medications when you are taking them for blood thinning.

ONE DAY PRIOR TO EXAM :

- Restrict your diet to **CLEAR LIQUIDS ONLY**. No solid food until after the procedure and stay hydrated.
- **CLEAR LIQUIDS INCLUDE:** water, chicken/beef/vegetable broth, flavored waters, apple juice, Jell-O, Kool-Aid, coffee, tea, Sprite, Gatorade, PowerAde, Mountain Dew, Coke/Pepsi, Root beer, and Slurpee's.
- **DO NOT DRINK** milk or use any dairy or non-dairy creamer in your coffee or tea. **DO NOT DRINK** anything colored **RED, PURPLE, BLUE** or that contains pulp material.
- **DO NOT DRINK** alcoholic beverages.

- In using your SUTAB kit the evening prior to exam, follow the timeline below:

AT 6PM:

STEP 1: Fill the provided container with 16 ounces of water (up to the fill line).

STEP 2: Swallow each tablet with a sip of water. When taking the pills **WAIT 5 MINUTES INBETWEEN EACH PILL BEFORE YOU TAKE ANOTHER ONE.**

STEP 3: 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.

AT 4AM The day of Procedure:

REPEAT STEPS 1-3 LISTED ABOVE.

DAY OF YOUR PROCEDURE:

- You may **NOT** have anything to **EAT UNTIL AFTER THE PROCEDURE** and may **ONLY HAVE CLEAR LIQUIDS** up until 3 HOURS PRIOR to your check in time.
- You **MUST** be accompanied by an adult who will remain at the facility and drive you home after your colonoscopy. You may **NOT** work or drive for 12 hours after the procedure. Plan on spending two to three hours at the facility.
- Wear comfortable clothing. Bring your glasses, hearing aids, insurance cards and completed information forms, if applicable. Avoid bringing valuables.

FRIENDLY REMINDER: If you cancel your procedure with less than 48 hours of notice, you will be charged a \$150.00 cancelation fee.

