

Colonoscopy

SUTAB Split-Dose Instructions



Procedure date: _____ Check-in time: _____ GI physician: _____

Special instructions:

To ensure a successful exam, please follow all instructions on this sheet carefully. Failure to do so could result in your procedure being postponed or canceled.

If you are or may be pregnant, please discuss the risks and benefits of this procedure with your physician.

Diabetic patients:

Day prior to procedure:

- Consume your calorie allowance in clear liquids.
- If you take insulin (pills or injection) take ½ dose the night before your procedure.

Day of procedure:

- Do not take any diabetic medication the morning of our procedure.
- Bring your medication with you to procedure.
- You may take your medication following your procedure, after you have eaten.

Transportation:

- Please make arrangements to have someone drive you to and from the designated location for your procedure.
- **You will not be allowed to use any form of public transportation following your procedure, which includes:** Taxi, Bus, Ride-share service, Uber, Lyft and the like.
- You will be under sedation during your procedure and will be unable to work, drive or operate heavy machinery the day of your procedure.

Getting started:

Please follow your physician's instructions on stopping any medication prior to your procedure. SUTAB - a prescription is required and will be sent to your pharmacy.

The Day Prior to procedure

Begin your CLEAR LIQUID DIET ALL DAY (NO SOLID FOOD OR MILK PRODUCTS) Drink eight - 8oz. glasses of clear liquids (64oz) prior to prep (see list below).

Clear liquids:

- Beef / Chicken/ Vegetable Broth / Carbonated Beverages (includes diet)
- Strained Soups (no tomato) Coffee or Tea (no cream / no milk)
- Gatorade / PowerAde (no red or purple) Apple Juice
- Propel Water / Smart Water White Grape Juice / White Cranberry Juice
- Orange Juice (no pulp) / Lemonade / Popsicles / Iced / Slush (no red or purple)
- Water (also vitamin, life & flavored water) Pedialyte
- Ginger Ale
- Jell-O (no red or purple)

- No Solid Food
- No Milk Products
- No Red Or Purple
- Clear Liquids Only On The Day Before Your Procedure

Please Note:

- Do not eat any fiber, nuts, corn, popcorn or salad for 2-3 days before your colonoscopy. This may cause your bowels to not completely clear and may interfere with visualization of your colon.
- Stop oral iron, Metamucil and any other fiber supplements for 3 days before your colonoscopy.

Begin taking the first bottle (12 tablets) of the SUTAB at _____ a.m./p.m.

- 1 Fill the provided container with 16 ounces of water (up to the fill line).
- 2 Swallow each tablet with a sip of water.
- 3 Drink ALL of the water in the container over 15 to 20 minutes.
- 4 1 hour after the last tablet is ingested, fill the container a 2nd time with 16 ounces of water (up to the fill line).
- 5 Drink entire container of water over 30 minutes.
- 6 Approximately 30 minutes after finishing the second container of water, fill the container with additional 16 ounces of water (up to fill line).
- 7 Drink the entire container of water over 30 minutes.

Repeat steps 1 - 7 above for the second part of your prep the morning of your procedure at _____ a.m./p.m.

YOU MAY HAVE CLEAR LIQUIDS UNTIL _____ a.m./p.m., then NOTHING to eat or drink.

Day of the procedure

- Take your heart, seizure, and/or blood pressure medication with a sip of water.
- Dress comfortably - clothes that can be removed and folded easily.
- Avoid perfume, cologne, and jewelry. You may shower and brush your teeth prior to the procedure.
- Your exam & recovery time may take from 1-3 hours, depending on the procedure & recovery time from anesthesia.
- Do not apply any petroleum products to rectal area the morning of the procedure.
- Leave all jewelry/valuables at home. LEC is not responsible for these items.



Your procedure will be conducted at the facility indicated below:

8155 E. 1st Ave
Denver, CO 80230