



COLONOSCOPY PRE-PROCEDURE INSTRUCTIONS

Sutab Prep

5 Days Prior to Procedure

We will contact your provider to see which prescriptions are safe for you to stop taking in preparation for your procedure, like blood thinners or antiplatelets (coumadin, aspirin, Eliquis, Plavix). Additionally, you should stop taking any over the counter medications or supplements that you are taking. This includes: anti-inflammatory medications (Aleve, Advil, Excedrin), Alka Seltzer, Iron, Vitamin E, Fish Oil, Flax Seed Oil, and Omega 3's.

1 Day Prior to Procedure

1. Start breakfast with a clear liquid diet, and continue for the entire day. Drink at least 8 ounces every hour.
2. 5:00 p.m.—Take the first bottle of Subtab. Take 1 tablet, every 2-3 minutes. DO NOT TAKE ALL 12 PILLS AT ONCE!
3. Drink 16 ounces of water once all 12 tablets have been taken.
4. DRINK! Continue your clear liquid diet. Drink at least 8 ounces every hour.
5. 10:00 p.m.—Take the first bottle of Subtab. Take 1 tablet, every 2-3 minutes. DO NOT TAKE ALL 12 PILLS AT ONCE!
6. Drink 16 ounces of water once all 12 tablets have been taken.
7. DRINK! Continue your clear liquid diet. Drink at least 8 ounces every hour.

Day of Procedure

1. Continue your clear liquid diet until 2 hours before your scheduled arrival to the hospital. For example, if you are scheduled to arrive at the hospital at 8:00 a.m., your last swallow will be at 6:00 a.m.
2. If you are unable to complete your prep, or if your stool is not liquid, yellow to clear, and free of solid pieces, the doctor may cancel, reschedule or postpone your procedure.
3. Diabetic patients should check blood sugar, but hold morning insulin and diabetic medication.
4. Arrive at specified time given by the pre-op nurse.
5. You may not drive, or work for the entire day. You must be driven home by a responsible adult, who is age 18 or older.
6. Plan on being at the hospital for about 3 hours.

You will need:

- 2 (12 tab) bottles of Sutab (prescription)
- 32 ounces of water
- LOTS of Clear Liquids. The more you drink the clearer your colon will be, and will also help nurse start IV.

COLONOSCOPY/COLECTOMY PRE-PROCEDURE INSTRUCTIONS

Clear Liquid Diet

Clear liquid are anything you hold up to the window or light and you can see through it.

- Water, plain, carbonated or flavored
- Fruit juices without pulp such as apple, white cranberry, peach juice, white grape juice (no red, purple or orange dye)
- Fruit flavored drink mixes, such as Country Time Lemonade or Crystal Light
- Carbonated drinks, including dark sodas, such as cola and root beer
- Gelatin without fruit
- Tea or coffee without milk, cream or nondairy creamer
- Sports drinks (no red, purple or orange)
- Clear, fat-free broth (chicken, bone, beef) and bouillon
- Popsicles (no red, purple or orange)
- Boost Breeze or Ensure Clear Nutritional Drink (diabetic options)

Orange Juice and Milk are NOT considered clear liquids.

Failure to follow a clear liquid diet may cause cancellation of procedure.