Colonoscopy Instructions for SUTAB **PATIENT NAME:**

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| **FIVE (5) DAYS PRIOR:** |
| |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | |  | | --- | | **STOP** taking Iron, fish oil, vitamin E **STOP** eating all seeds, nuts, popcorn **OK** to take regular medications  Make sure you have picked up your prep from the pharmacy​  STOP taking Iron, fish oil, vitamin E  STOP eating all seeds, nuts, popcorn  OK to take any other regular medications   \* If you take any blood thinning medication, such as Coumadin, Pradaxa, Eliquis, Plavix, Savaysa,among others, your prescribing physician will be contacted by our office, and we will contact you with any special instructions. If you have not heard from our office within a week of your procedure, call the CGA nurse's line at 434-817-8484 ext. 3 | |   ​  STOP taking Iron, fish oil, vitamin E  STOP eating all seeds, nuts, popcorn  OK to take any other regular medications   \* If you take any blood thinning medication, such as Coumadin, Pradaxa, Eliquis, Plavix, Savaysa,among others, your prescribing physician will be contacted by our office, and we will contact you with any special instructions. If you have not heard from our office within a week of your procedure, call the CGA nurse's line at 434-817-8484 ext. 3 | |

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| **DAY BEFORE PROCEDURE:** |
| |  | | --- | | Clear liquid diet ALL day for breakfast, lunch and dinner. Clear liquids include; apple/white grape juice, Sprite, Gatorade, chicken broth, Jello (no red, blue or purple coloring), black coffee (no milk or cream) & tea. NO SOLID FOOD!!   * At 4:00 P.M. 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.  If you start to feel nauseous, bloated or crampy, you may drink more slowly, but you MUST finish all the water.   ​ Clear liquid diet ALL day for breakfast, lunch and dinner. Clear liquids include; Apple/white grape Juice, Sprite, Gatorade, Chicken Broth, Jello (no red, blue or purple coloring), black coffee (no milk or cream)& tea. NO SOLID FOOD!!   1. At 4:00 P.M. pour one (1) 6-ounce bottle of Suprep liquid into the container.   2. Add cool drinking water to the 16-once line on the container and mix.   3. Drink ALL of the solution in the container within 1 hour.   4. You must drink two (2) more 16-ounce containers of water over the next 1 hour.   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. | |

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| **MORNING OF PROCEDURE:** |
| |  | | --- | | * Five hours before your 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. * 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.   DO NOT DRINK ANYTHING ELSE 3 HOURS PRIOR TO YOUR PROCEDURE  ⃝ **Double Procedure-**On the morning of your procedure you need to do your second dose of prep 8 hours prior to your procedure and have nothing to drink 6 hours prior.  **SPECIAL INSTRUCTIONS:**  ⃝ **Nausea-**if you have been prescribed Zofran (ondansetron) to prevent nausea, place I 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. The night before your procedure, take one half the dose you would normally take. 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 constipation-**take 30 ML of Milk of Magnesia two evenings prior to your procedure.  ⃝ **History of severe constipation or a failed/incomplete bowel prep-**7 days prior to your procedure take one dose (17 g or 1 capful)of Miralax every evening for 5 days. 3 days before your procedure take 30 ML of Milk of Magnesia in the evening, then do this again 2 days prior to your procedure. Then follow the regular prep instructions.  ​ NO SOLID FOOD UNTIL AFTER YOUR PROCEDURE  \*Four hours\* before your appointment time, repeat steps 1-4  above,  using (reverse page) the other 6-ounce bottle of Suprep. Be sure to drink all of the 16-ounce mixed solution within an hour and then both of the 16-ounce cups of water, within the following the following hour.  Once you have completed the second 16-ounce cup of water, STOP ALL LIQUIDS.   DO NOT DRINK ANYTHING 3 hours prior to your procedure.  \* If you are on Antihypertensive / Blood Pressure medication, you SHOULD continue to take them as usual with a sip of water, no later than 3 hours before.  If you are diabetic, do not take your morning insulin and/or oral diabetic medications. | |

If you have questions about your prep, call your Care Coordinator\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_at 434-817-8484 ext:

Prep teaching by\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_on / / 4/21