

COLONOSCOPY INSTRUCTIONS (Sutab)

Office 785-505-2250

Read all instructions carefully at least one week prior to your procedure.

Your procedure is scheduled for:

Date: _____

Arrival Time: _____

Location: LMH Health, 330 Arkansas St
West entrance, check in at admissions

TRANSPORTATION:

- ✓ Plan for transportation. You will be sedated for your procedure and not able to drive or work after.

You **must** bring an adult (age 18+) to drive you home.

You may **not** take a taxi, bus, or Uber by yourself.

If you do not have an appropriate ride home, your procedure will be cancelled.

Call our office if you are unable to arrange a ride.

PRE-PROCEDURE PHONE CALL:

- ✓ A nurse from the Endoscopy Center will try to reach you prior to your procedure to confirm your appointment. If you have questions prior to your procedure you can call them at 785-505-4866. You may need to leave a message. We make every attempt to check these messages daily but aren't always able to. If your question or concern is time sensitive, please make sure you speak with someone from the office or Endoscopy Department.

PLEASE NOTE:

- An appointment rescheduled or cancelled without 48 business hours' notice is considered a missed/no show appointment as we are unable to schedule another patient. Multiple missed/no showed appointment could result in dismissal from this practice.

PRIOR TO PROCEDURE:

- ✓ If you are taking Coumadin, Plavix, Pradaxa, or other blood thinners, or have any type of clotting disorder, **please let our office know as soon as possible.**
- ✓ If you take phentermine or any weight loss medications, insulin, seizure medications, or time-sensitive medications **it is important** that you speak with a nurse about necessary adjustments to your medication regimen.
 - ✓ Phentermine must be held 2 weeks prior to your procedure.
- ✓ Please hold iron supplements, vitamins, and any over the counter herbs or other dietary supplements for 3 days prior to your appointment to help with your prep and prevent medication interactions.
- ✓ Please try to avoid eating nuts or seeds during the 5 days prior to your prep.
- ✓ If you have recently had surgery or been hospitalized--please call and speak to a nurse.
- ✓ Purchase the over-the-counter supplies for your prep (listed below), at a pharmacy/grocery store.

A prescription for SUTAB has been sent to your pharmacy.

PREP DAY (day before your procedure)

Follow a Clear Liquid Diet ***all day***. ***NO food/drinks that are solid, red/purple in color, milk products, or alcohol.***

Drink plenty of fluids throughout the day to stay hydrated. This will also help your prep.

Acceptable Clear Liquid Diet Options:

✓ water	✓ sports drinks	✓ Jello
✓ Black coffee(no cream/sugar)	✓ Clear soda (7UP, sprite, ginger ale)	✓ Broth (NO noodles)
✓ tea	✓ popsicles	✓ apple/white grape juice

****1-2 hours prior to starting dose 1, please drink 1 cup of chicken broth. This will hydrate you with extra electrolytes to decrease nausea with the prep.**

6:00pm: You will need 1 bottle of 12 tablets and the provided container. Follow the steps below:

Step 1: Open 1 bottle of 12 tablets.

Step 2: Fill the provided container with 16 ounces of water (up to the fill line).

Step 3: Swallow each tablet with a sip of water allowing 2 minutes between each tab, drinking the entire amount of water over 20-30 mins. NOTE: Taking more than 1 tablet at a time may cause nausea.

****If you experience preparation-related symptoms (for example, nausea, bloating or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.**

Step 4: 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.

Step 5: Approximately 30 mins after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 mins.

PROCEDURE DAY

5 hours before arrival time repeat steps 1-5 above. You must complete all SUTAB tablets and required water at least 2 hours before your colonoscopy.

- Take prescription medications the morning of your procedure or 2 hours prior to arrival time, unless we directed you otherwise.
- **DO NOT TAKE** Ace Inhibitors the morning of procedure. This includes Benzapril (Lotensin), Lisinopril (Zestril), Quinapril (Accupril) Captopril (Capoten), Enlapril (Vasotec).
- **No** food, drink, mints/gum, chewing tobacco, cigarettes, Marijuana or recreational drugs the morning of procedure.
- Wear comfortable, loose fitting clothes. Do not wear jewelry or bring valuables. You may leave these items at home, or with your family members. We do not provide storage for them.
- Please bring a list of current medications and your Photo ID and Insurance Card

Depending on your insurance, a portion of payment may be requested at the time of registration. If questions, call LMH Pre-Service at 785-505-3762.