

# COLONOSCOPY PREPARATION WITH SUTAB

## 3 DAYS BEFORE THE PROCEDURE

**STOP** eating fruits and vegetables with seeds and high fiber content. Examples include beans, corn, nuts, cucumbers, tomatoes, raspberries, strawberries, and popcorn.

Discontinue iron tablets for 3 days before the procedure.

PLEASE follow the instructions from our office, not the instructions on the Sutab box.

## THE DAY BEFORE YOUR PROCEDURE

**TAKE ONLY A CLEAR LIQUID DIET ALL DAY, INCLUDING BREAKFAST.** Common examples include tea and coffee (no cream), broth, popsicles, jello, apple juice, soda, and Gatorade. No dairy products, and please avoid red or purple liquids. **STAY HYDRATED.**

### BEGIN YOUR SUTAB PREP

**Step 1:** At **5:00pm** open one bottle of 12 tablets. Fill the provided container with 16 ounces of water (up to fill line). Swallow each tablet with a sip of water and drink the ENTIRE amount over 15-20minutes.

**Step 2:** Approximately one hour after the last tablet is ingested, fill the provided container a second time with 16 ounces of water (up to fill line) and drink the entire amount over 30minutes.

**Step 3:** Approximately 30mins after finishing the second container of water, fill the provided container again with 16 ounces of water (up to fill line) and drink the entire amount over 30minutes.

It is **VERY IMPORTANT** to drink the entire amount of liquid instructed. If you experience bloating, nausea, or cramping, pause or slow the rate of drinking the additional water until symptoms diminish.

## THE DAY OF YOUR PROCEDURE

You need to wake up **six hours** prior to the procedure to **repeat the above STEPS 1-3** with the second bottle of 12 tablets.

**YOU MUST COMPLETE YOUR BOWEL PREP AND TAKE NOTHING BY MOUTH 4 HOURS PRIOR TO THE PROCEDURE-THIS INCLUDES GUM, CANDY, LIQUIDS, OR MEDICATION.**

The Sutab should cause you to have multiple bowel movements until stools run clear watery or light yellow. If you are still passing brown residue after finishing the sutab, drink one bottle of over the counter magnesium citrate (10oz). Drink it quickly and follow it with a glass of water. Please remember that you need to be finished with it 4hrs before the procedure.

### Medication Restrictions

If you are taking any blood thinning medication such as Coumadin, Plavix, Xarelto, Aggrenox, Eliquis, or NSAIDS, notify our office for individual instructions. We do not hold/stop baby aspirin (81mg). Please confirm our instructions with your prescribing physician.

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If you take an oral hypoglycemic pill, do not take it the day before your procedure or the day of your procedure until after the exam. If you are taking insulin, take ½ of your normal daytime insulin dosages and hold the evening dose the day before, and do not take any the morning of the procedure.

Continue to take your other prescribed medications, such as blood pressure pills, heart pills, etc.. as usual. Take them at least 4 hours before the procedure with a small sip of water. Vitamins and supplements may be taken after the procedure.

### RISKS

Whenever instruments are used internally, there is a risk of perforation of the colon. There is also a risk of bleeding, especially when colon polyps are removed. Fortunately, these complications are exceedingly uncommon. If abdominal pain or intestinal bleeding is noted after the procedure, notify your doctor immediately.

### FOLLOWING THE PROCEDURE

The recovery period after the examination generally requires about 15-45 minutes of observation in the Gastroenterology Lab. The sedatives may have a prolonged effect that lasts 12-24 hours. **A relative/friend must be available to drive you home. YOU MAY NOT DRIVE HOME OR TAKE A CAB/UBER.** You may have a light meal after discharge and should plan to spend the remainder of the day quietly at home. Call 630-325-4255 if abdominal cramping, pain, fever, or rectal bleeding occurs.

### CHARGES

Two charges are made for the examination: one for the physician at Digestive Disease Associates and one for the facility fee where the examination is performed. York Endoscopy is an out of network facility with the insurance company. You will not receive a balance bill for any of the York Endoscopy charges. There may also be a charge from Mobile Anesthesia for the use of Propofol (if the exam is performed at our office). Our office will work with you to send the appropriate bills to your insurance agencies.

IT IS YOUR RESPONSIBILITY TO BE SURE THAT YOUR HEALTH COVERAGE WILL PAY FOR THE PROCEDURE. IF YOU DO NOT PROVIDE OUR OFFICE WITH YOUR INSURANCE INFORMATION AT LEAST ONE WEEK PRIOR TO THE PROCEDURE, YOU ARE RESPONSIBLE FOR OBTAINING NECESSARY AUTHORIZATIONS, PRECERTIFICATION AND REFERRAL NUMBERS PRIOR TO THE EXAMINATION.

You may be billed for charges that are disallowed by your insurance company.