

## 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 the fill line). Swallow each tablet with a sip of water and drink the ENTIRE amount within 1 to 2 hours.

After finishing your last tablet, you may drink as much water as needed.

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 **seven hours** prior to the procedure to **repeat the above STEP 1** 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.**

#### 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.

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 rectal bleeding is noted after the procedure, notify your doctor immediately.

## **FOLLOWING THE PROCEDURE**

The recovery period after the examination generally requires about 30-45 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**

There will be charges for our physician at Digestive Disease Associates. There will also be a charge from Windy City Anesthesia for the use of Propofol (if the exam is performed in 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.