

COLONOSCOPY INSTRUCTIONS FOR SUTAB® /CLEAR LIQUID

STEP 1 7 DAYS PRIOR TO PROCEDURE

- Stop taking Phentermine (Apidex), iron supplements, vitamins containing iron and Olestra/Olean (i.e. WOW chips)

CHECK FOOD LABELS

- AVOID FOODS THAT HAVE SEEDS, NUTS, LETTUCE CABBAGE, CORN, BEANS
- STOP FIBER SUPPLEMENTS
- PICK UP THE PREP & PURCHASE A SMALL BOTTLE OF MIRALAX AT THE PHARMACY. **DO NOT FOLLOW THE PREP INSTRUCTIONS FROM THE PHARMACY**
- If taking Plavix, Effient, Aggrenox, Coumadin, Eliquis, Pradaxa or any blood thinning medication, please inform our nurse at the time of their call. This medication will need to be held prior to the procedure and an order obtained from the prescribing physician.

If diabetic, please contact your primary care doctor regarding instructions for diabetic medication while on the clear liquid diet.

STEP 4 1 DAY BEFORE PROCEDURE STARTING AT 6 PM

- Open 1 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 of water over 15-20 minutes.
- 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.
- Approximately 30 minutes 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 minutes.
- If you have trouble drinking the water, please slow down. We don't want you to throw up. It is very important that all water is drunk and retained.
- Prep may cause chills after drinking it.

TIPS FOR IMPROVED BOWEL PREP

- Try drinking water through a straw
- Rinse mouth with water, clear soda, or mouthwash after drinking
- Apply diaper rash cream/zinc oxide liberally after each trip to the bathroom

STEP 2 3 DAYS BEFORE PROCEDURE

- Take 1 dose of Miralax (generic glycolax) which is over the counter- every AM until you start your prep (follow instruction on bottle).

STEP 3 1 DAY BEFORE PROCEDURE ALL DAY

- Stay on clear liquid diet the entire day (no solid food on this day) starting at 6 AM.
- Drink 8 ounces of clear liquid every hour beginning at 6 AM. This is not the prep solution.
- **DO NOT** consume any products containing red dye. No pulp. No alcohol.

Liquids allowed: Regular or decaf tea or coffee. (NO DAIRY PRODUCTS OR DAIRY SUBSTITUTES). Any carbonated beverages. Kool-Aid, Gatorade, and sports drinks 100% fruit juices. Jell-O. (do not add fruit, vegetables, or dairy products). Popsicles (plain, not creamy, or fruity). Sugar. Honey. Fat Free Broth or Bouillon. If you are diabetic, you may drink Ensure Clear only; no other types of Ensure are allowed.

STEP 5 DAY OF PROCEDURE STARTING 6 HOURS PRIOR TO YOUR PROCEDURE

- Open the 2nd 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 of water over 15-20 minutes.
- 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.
- Approximately 30 minutes 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 minutes.
- If you have trouble drinking the water, please slow down. We don't want you to throw up. It is very important that all water is consumed and retained.
- Prep may cause chills after drinking it.

Please make sure you are looking at every stool. Stool should appear watery, clear to yellow in color with no sediment.

4 HOURS BEFORE PROCEDURE DO NOT DRINK ANY MORE LIQUIDS.

- 2 hours before procedure, take heart or blood pressure medication with a small sip of water
- Please do not apply lotions, perfume, or cologne the morning of your procedure.
- Females may be required to do a urine pregnancy test prior to the procedure. Please inquire about test at the desk, upon arrival, or before using the restroom.