

# COLONOSCOPY INSTRUCTIONS FOR SUTAB<sup>®</sup>/CLEAR LIQUID

If you have a history of constipation (move your bowels 2-3 times weekly) you may need additional bowel prep to help clear your colon. Please contact the intake nurse to discuss prep options at **309-370-6838**. Be prepared once you start drinking the prep, it may take effect at any time.

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 listed on the box, contained in the insert or given to you by the pharmacy. Please follow the instructions we have provided for proper preparation for your procedure.**

- 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.
- Please stop taking Phentermine 7 days before procedure

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

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.

**Do not follow the prep instructions listed on the box, contained in the insert or given to you by the pharmacy. Please follow the instructions we have provided for proper preparation for your procedure.**

- 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.*

## 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  
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 fill line). Swallow 1 tablet every 1 to 2 minutes. You should finish the 12 tablets and the entire 16 ounces of water within 30 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. **This is a very important part of the prep process.**
- 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. **This is a very important part of the prep process.**
- 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 drank and retained.
- Prep may cause chills after drinking it.

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 fill line). Swallow 1 tablet every 1 to 2 minutes. You should finish the 12 tablets and the entire 16 ounces of water within 30 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. **This is a very important part of the prep process.**
- 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. **This is a very important part of the prep process.**
- 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 (except blood thinners) 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.