

# Sutab Colon Prep

**Please read** the following instructions carefully (front & back). Follow these instructions and not the instructions on the box. If you do not complete the preparation as directed, it could result in cancellation of your procedure.

Your prescription will be sent to your pharmacy at the time of scheduling your appointment. Please pick up your prep as soon as possible.

## ONE WEEK PRIOR TO PROCEDURE:

- If you are currently taking blood thinners (for irregular heartbeat, atrial fibrillation, heart disease, stents, stroke, mini-stroke, mechanical heart valves, blood clots in the legs or lungs, or other reason) you may need to stop them prior to your procedure. **Please contact the physician who prescribed the medication for instructions on how to stop them.**
- Please understand that even though a colonoscopy can be performed if these medications are not stopped, some polyps cannot be removed.
- If you are taking full dose aspirin (325mg), please contact your prescribing physician to see if this can be decreased to low dose aspirin (81mg). **Do not stop low dose Aspirin (81mg).** Polyps can be removed in the presence of this lower dosage.
- The following is not an all inclusive list.
  - ❖ Plavix (clopidogrel bisulfate)
  - ❖ Ticlid (ticlopidine hydrochloride)
  - ❖ Coumadin (warfarin sodium)
  - ❖ Pradaxa (dabigatran)
  - ❖ Xarelto (rivaroxaban)
  - ❖ Eliquis (apixaban)
  - ❖ Persantine (dipyridamole)
  - ❖ Effient (prasugrel)
  - ❖ Arixtra (fondaparinux)
  - ❖ Brilinta (ticagrelor)
  - ❖ Lixiana/Savaysa (edoxaban)
  - ❖ Lovenox (enoxaparin)
  - ❖ Fragmin (dalteparin)
  - ❖ Zontivity (vorapaxar)
  - ❖ Pletal (cilostazol)
- If you have had a recent stress test or are scheduled to have one, please check with our physician to get a cardiac clearance.
- If you are taking Adipex (Phenntermin) you will need to stop seven (7) days prior to your procedure.

## ONE DAY BEFORE PROCEDURE:

**Eat** or **Drink** only **clear** liquids for breakfast, lunch and dinner the day before your exam. Solid foods and milk products are **not** allowed. Clear liquids (not colored red or purple) include:

- Water
- Pop (diet & regular)
- Clear broth or bouillon
- Sport drinks (Propel, Gatorade)
- Apple juice
- White grape juice
- White cranberry juice
- Coffee or Tea (without milk or cream)
- Kool-aid
- Plain Jello
- Ice popsicles
- Clear hard candy (life savers, jolly ranchers)

**Instructions continued on back**→

## ONE DAY BEFORE PROCEDURE: CONTINUED

- If you are diabetic please check with your family physician as to adjusting your insulin while on clear liquid diet. Usually your dose will be cut in half the day before and you will not take any the day of the procedure.
- Please refrain from marijuana use 12 hours prior to your procedure.
- At **5:00 PM** – Open 1 bottle of 12 tablets. Fill the provided container with 16 ounces of water (to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15-20 minutes.

Drink additional water 1 hour after the last tablet is ingested (16 ounces) over 30 minutes.

Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water and drink the entire amount over 30 minutes.

### DAY OF PROCEDURE:

- At **4:00 AM** Open the second bottle of 12 tablets and repeat the above steps.
- Drink **only water** the morning of procedure and finish by 6:00AM. **(Except for sip of water with necessary medications.)**

**What should my stools look like?** Your stools should look like clear to light yellow water with no stool particles. The yellow color is normal.

- If you are diabetic please check your blood sugar before coming in.
- **DO NOT EAT, DRINK or CHEW GUM** before your procedure or it may be cancelled or delayed.
- You **may take** all your medications with a sip of water **except:** blood sugar/diabetic medications.
- If you are a female and between the ages of 18-55 years old, you will be asked to give a urine sample, unless you have had a hysterectomy.

### What to bring with you:

- Because you are receiving anesthesia, you cannot drive; you must be accompanied by an adult who must remain on the premises while you are having your procedure. Your procedure will be cancelled if you do not have a ride.
- A list of your current medications including the dosage and the times you take them, along with any drug allergies.
- Your driver's license and insurance cards.
- Please do not apply lotions or perfumes the day of your procedure.
- Please leave your cell phone in the car or with your driver.

