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SUTAB Preparation for a Colonoscopy

COLONOSCOPY

To achieve an accurate evaluation of your lower gastrointestinal tract (GI), it is important that you properly prepare for the procedure, so the doctors can obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without total cooperation the examination cannot be accomplished. If the directions are not done properly the procedure may have to be repeated.

Five (5) Days before Procedure

- **DO NOT DRINK ALCOHOL FOR 5 DAYS PRIOR TO YOUR PROCEDURE.**
- **DO NOT take any ibuprofen products. Taking Tylenol (acetaminophen) is allowed**
- **Stop taking anticoagulants or blood thinners such as: Coumadin, Jantoven (Warfarin), Naprosyn (Naproxen), Nuprin, Rufen (Ibuprofen), Persantine (Dipyridamole), Plavix (Clopidogrel), Eliquis (Apixaban), Xarelto (Rivaroxaban), Celebrex (Celecoxib), Arixtra (Fondaparinux)**

NSAIDS and Plavix, *if necessary, we will request Cardiac clearance*.

Day Before Procedure: Dose 1

1. You will only have clear liquids from the moment you wake up
2. At 5 pm Open 1 bottle of 12 tablets.
3. 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 over 15 to 20 minutes. If you become uncomfortable, take the tablets and water slower
4. Approximately 1 hour after the last tablet is swallowed, fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.
5. 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

IMPORTANT:

PLEASE REMEMBER TO HAVE SOMEONE PICK YOU UP. YOU WILL NOT BE ALLOWED TO DRIVE OR TAKE A CAB.

Do not Drive or work after the procedure

Day of Procedure: Dose 2

- **DO NOT EAT OR DRINK ANYTHING, OTHER THAN WHAT PERTAINS TO PREP**
- **You may only take, currently, prescribed heart or blood pressure medications with a SIP of water.**
- **At 7 hours prior to procedure START time Repeat steps 2 through 5 using the 2nd bottle of tablets.**
- **If procedure is scheduled after 1:30 pm, you may have clear liquids until 7 am**
- **IF YOU ARE DIABETIC**: To avoid dangerously low blood sugar. **DO NOT TAKE YOUR**
- **DIABETIC MEDICATIONS (pills or insulin)** the morning of your procedure. You can resume your diabetes medications after the procedure once you have eaten.
- Plan on being at the facility for approximately 2-3 hours.