



<p><b><u>ONE WEEK BEFORE:</u></b></p> <p><b><u>Notify your physician if you have any of the conditions listed below, as we may need to modify your pre-colonoscopy instructions:</u></b></p> <ul style="list-style-type: none"> <li>• Kidney Disease</li> <li>• Diabetes</li> <li>• Artificial Heart Valve</li> </ul> <p><b><u>Transportation:</u></b> Due to sedation administered during your procedure, you may not drive or leave the procedure unit without an escort. <b>Taxi cabs are not legal escorts.</b></p> <p><b><i>Please stop taking any supplements that contain oils, such as fish oil, krill oil, etc. for 1 week prior to your colonoscopy.</i></b></p>	<p><b><u>5 DAYS BEFORE:</u></b></p> <p><b><u>Medications:</u></b> If you take prescription blood thinners or a platelet inhibitor, such as <i>Coumadin, Warfarin, Pradaxa, Xarelto, Eliquis, or Plavix</i>, <b>check with your physician for directions about stopping these medications.</b></p> <p>Aspirin prescribed by a physician <b>should not</b> be stopped and should be taken as directed.</p> <p><b>Stop taking iron supplements 1 week prior to your colonoscopy.</b></p> <p><b><u>3 DAYS BEFORE:</u></b></p> <p><b><u>Diet:</u></b> <b>Please try to avoid eating any seeds, popcorn, and nuts until after your colonoscopy.</b></p> <p><b><i>Buy Simethicone 125 mg tablets over-the-counter. You will need 4 tablets total.</i></b></p>	<p><b><u>1 DAY BEFORE:</u></b></p> <p><b><u>Diet:</u></b> <b>BEGIN A CLEAR LIQUID DIET - NO solid food, milk or milk products, and no juice with a pulp.</b></p> <p><b><u>Acceptable clear liquids:</u></b></p> <ul style="list-style-type: none"> <li>• Clear juice (apple, white grape, white cranberry etc.)</li> <li>• Black coffee or tea (no cream)</li> <li>• Broth (no noodles)</li> <li>• Soda (any kind OK)</li> <li>• Sport drinks</li> <li>• Jell-O</li> <li>• Popsicles</li> <li>• Ensure Clear (peach flavor)</li> <li>• Coconut Water</li> </ul> <p><b><i>AVOID any clear liquids that are RED or PURPLE in color.</i></b></p> <p><b><u>Sometime between 3-6 pm, take 2 Simethicone capsules.</u></b></p> <p>SUTAB is a split-dose (2-day) regimen. A total of 24 tablets is required for complete preparation for colonoscopy. You will take the tablets in 2 doses of 12 tablets each. Water must be consumed with each dose of SUTAB, and additional water must be consumed after each dose.</p> <p><i>Take 2 tablets every 10 minutes until 12 tablets are taken.</i></p> <p><b><u>Use as directed on the “SUTAB BOWEL PREP KIT” instructions sheet provided in your instructions &amp; information packet. Ignore any instructions provided separately with the SUTAB prep itself or by the pharmacy.</u></b></p>	<p><b><u>1 DAY BEFORE (CONTINUED):</u></b></p> <ul style="list-style-type: none"> <li>• <b>STEP 1</b> Open 1 bottle of 12 SUTAB tablets.</li> <li>• <b>STEP 2</b> 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 to 20 minutes.</li> <li>• <b>STEP 3</b> 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.</li> <li>• <b>STEP 4</b> 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.</li> </ul> <p>Responses to the prep vary. Bowel movements will begin 30 minutes to 6 hours following ingestion of the preparation.</p> <p><b>The prep may cause side effects such as bloating, cramping and nausea.</b></p> <p><b><u>In addition to the prep, continue drinking extra fluids so you don't get dehydrated.</u></b></p>	<p><b><u>DAY OF PROCEDURE:</u></b></p> <p><b><u>Hold Diabetic medication</u></b> <b><u>Hold Diuretics such as: Lasix (furosemide) and/or Hydrochlorothiazide (HCTZ).</u></b></p> <p><b><u>5-6 HOURS before leaving home:</u></b></p> <ul style="list-style-type: none"> <li>• <b>Take 2 Simethicone capsules.</b></li> <li>• <b>Open the second bottle of 12 SUTAB tablets. Repeat STEP 1 to STEP 4.</b></li> </ul> <p><b><i>IMPORTANT: You must complete all SUTAB tablets and required water.</i></b></p> <p><b>You may continue to have clear liquids until 3 hours prior to your arrival time.</b></p>
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