



## Colonoscopy Bowel Prep Instructions - SuTab

Procedure Date / Start Time \_\_\_\_\_

Procedure Location

Your ARRIVAL Time \_\_\_\_\_

Main Office (Dowell Springs Blvd)     North Office (Delozier Way)     West Office (Parkside Dr)

### Planning for the Procedure:

- **You will need a driver** to take you home. You may not drive at all on the day your procedure is performed. We will not sedate you **unless** we have the name/phone # of the person who is taking you home.
- Your entire visit at our office on the day of your procedure may last up to 3 to 4 hours. Please advise your driver that they must remain in the unit or nearby during your entire visit.
- If you wear **dentures** -- for safety reasons, you will be expected to **remove** them before your procedure.
- Dress comfortably in clothes that can be easily removed/folded.
- Didn't get bowel prep materials (laxative kit)? Need to cancel/reschedule appointment? - Please call our office at 865-588-5121.

### Supplies needed:

- Fill your prescription for **SuTab** at your local pharmacy.

**DRINKING THE PREP – Follow the instructions exactly as written to ensure a successful procedure.**

### 7 days before your colonoscopy:

- If you take aspirin (325 mg or less) or NSAIDs (Advil, Aleve, Motrin, Mobic or ibuprofen), you may continue to take them as usual.
- If you take a blood thinner or high dose aspirin (greater than 325 mg), see attached sheet for instructions. Check with your doctor to be sure it is safe to hold your medication.
- Stop taking iron supplements and multivitamins that contain either iron or Vitamin E.

### 3 days before your colonoscopy:

- Stop eating popcorn, corn, seeds, nuts, beans, fruits with small seeds, and celery.
- If you take oral meds for diabetes, contact your doctor to see if your dose needs to be adjusted on the day before your procedure.

### 1 day before your colonoscopy:

- For breakfast, lunch and dinner, you should only consume clear liquids noted in the table below (list A). **Avoid red or purple-colored liquids or any of the liquids in list B.** Drink at least 8 glasses of water from 8 AM-4 PM.
- **At 5 PM**, open the first bottle of 12 tablets and fill the provided container with 16 oz of water (up to fill line). Swallow **1 tablet every 2 minutes** and follow with a few sips from the 16 oz glass of water. Finish all 12 tablets and the entire 16 oz of water within 20-30 minutes. At 1 hour after the last tablet was taken, drink another 16 oz of water over 30 minutes. At 30 minutes after finishing the 2<sup>nd</sup> container of water, drink another 16 oz of water over 30 minutes.

| A  | B  |
|--|--|
| <b>Clear liquids which are allowed:</b>                  | <b>Non-Clear Liquids -- NOT ALLOWED:</b> |
| Gatorade, Pedialyte, or Powerade                         | Red or purple items of any kind          |
| Coffee or tea  | Alcohol                                  |
| Carbonated and non-carbonated soft drinks                | Milk or non-dairy creamers               |
| Kool-Aid or other fruit-flavored drinks                  | Juice with pulp                          |
| Apple juice, white cranberry juice, or white grape juice | Any liquid you cannot see through        |
| Jell-O, popsicles, clear broth                           |  |

### Day of your colonoscopy:

- **Five (5) hours before your procedure start time**, open the 2<sup>nd</sup> bottle of 12 tablets and fill the provided container with 16 oz of water (up to fill line). Swallow **1 tablet every 2 minutes** and follow with a few sips from the 16 oz glass of water. You should finish all 12 tablets and the entire 16 oz of water within 20-30 minutes. At 1 hour after the last tablet was taken, drink another 16 oz of water over 30 minutes. At 30 minutes after finishing the 2<sup>nd</sup> container of water, drink another 16 oz of water over 30 minutes.
- Two (2) hours before your procedure start time, you may take your morning meds with 1-2 sips of water. **DO NOT** drink anything else. **DO NOT** chew gum or eat hard candy. **DO NOT** use any form of tobacco (cigarettes, chew, dip). **DO NOT** wear any perfume or cologne. If you have asthma, bring your inhalers. If you take injectable insulin, bring it with you.

### Additional helpful tips:

(1) Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal. (2) If you have nausea or vomiting with the prep, give yourself a 30-60 minute break, rinse your mouth or brush your teeth, then resume drinking the prep. (3) Anal skin irritation or hemorrhoid inflammation may occur. If this happens, treat with over-the-counter-remedies, such as hydrocortisone cream, baby wipes, Vaseline, Desitin, or TUCKS pads. Avoid topical products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.