



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, you may eat low residue foods noted in the table below (list A). For lunch and dinner, you should only consume clear liquids noted in the table below (list B). **Avoid red or purple-colored liquids.** 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 2nd container of water, drink another 16 oz of water over 30 minutes.

A	B
Low residue foods allowed (breakfast)	Clear liquids which are allowed (lunch/dinner)
White toast	Gatorade, Pedialyte, or Powerade
Scrambled eggs	Coffee or tea
Yogurt without fruit	Carbonated and non-carbonated soft drinks
Cottage cheese	Kool-Aid or other fruit-flavored drinks
Coffee	Apple juice, white cranberry juice, or white grape juice
	Jell-O, popsicles, clear broth

Day of your colonoscopy:

- **Five (5) hours before your procedure start time**, open the 2nd 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 2nd 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.