

Colonoscopy Sutab

Thank you for choosing us to provide your care. Please follow these guidelines and preparation instructions to help make for a successful experience.

IMPORTANT:

We strive to provide the safest care for all of our patients. As a result, some procedures may take longer for some patients than others. We ask for your patience and that you plan to be with us for at least 2 to 3 hours.

If you must cancel or reschedule your appointment, 619-588-4074 If not canceled before the 5th day there is a \$100 charge.

Five days before your colonoscopy:

- Start a low fiber diet, see recommended diet below.
- Stop iron, including medications or vitamins that contain iron.
- Arrange to have someone 18 or older drive you to and from your procedure.
- Have plenty of clear liquids available at home, see recommended diet below.

One day before your colonoscopy:

- Begin a clear liquid diet, see recommended diet below. Do not eat solid foods or milk products. Drink 8 ounces (oz.) of clear liquid every hour while awake. 8 oz. is equal to one measuring cup.
- SUTAB® is a split dose prep. This means that you will take half today and half tomorrow.
- Do not take oral medications within 1 hour of starting each dose of SUTAB®. If taking tetracycline or fluoroquinolone antibiotics, digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before and not less than 6 hours after administration of each dose of SUTAB®.

At 3:00pm: start taking your bowel prep.

- Open the first bottle of 12 tablets.
- Add cold water to the 16 oz. line on the provided container.
- Swallow one of the 12 tablets every 2 minutes using the water you just poured. Finish the entire amount of water within 20/25 minutes.
- Wait about an hour after finishing your final tablet and drink a second container of 16 oz. of water over 30 minutes. Wait 30 more minutes and drink a third container of 16 oz. of water over 30 minutes.
- **Stay close to a bathroom. Cleaning your colon causes diarrhea.**

Day of your colonoscopy:

- It is OK to take medications up to 2 hours before your procedure unless instructed otherwise by your healthcare provider.

6 hours before you leave home open the second bottle of 12 tablets.

- You must complete all SUTAB® tablets and all required water at least 2 hours before colonoscopy. You may need to start in the middle of the night for an early morning procedure. Timing is essential.
- Open the second bottle of 12 tablets.
- Add cold water to the 16 oz. line on the provided container.
- Swallow one of the 12 tablets every 2 minutes using the water you just poured. Finish the entire amount of water within 20/25 minutes.
- Wait about an hour after finishing your final tablet and drink a second container of 16 oz. of water over 30 minutes. Wait 30 more minutes and drink a third container of water over 30 minutes.

3 hours before your procedure: Stop drinking all liquids.

SEE OTHER SIDE FOR MEAL PLAN; MUST PREP PROPERLY

Perfect meal for the week:

- Concentrate on meat and rice rather fruits and veggies

Day before the procedure:

Drink only clear liquids all day. Do not eat solid foods or milk products. Drink 8 ounces (oz.) of clear liquid every hour while awake. 8 oz. is equal to one measuring cup. ***If you must eat only eat what's bullet pointed below:

- Light breakfast - bland eggs NO veggies, plain white toast NO grains
- Lunch - bland piece of chicken, white toast NO grains, eggs, NO veggies, NO nuts, NO seeds
- Clear liquid diet after that

FOOD GROUPS

GROUP	RECOMMENDED	AVOID
Bars	NONE	AVOID ALL; protein bars, cereal bars, nuts bars
Beverages	Coffee, tea; soft drinks if clear, water	AVOID all others
Breads & Grains	None	AVOID ALL
Dairy	None	AVOID ALL milk products, cheese...
Fats & Oils	None	AVOID ALL
Fruits	Fruit juice without pulp	AVOID ALL nectars all fresh, canned and frozen fruits; citrus, orange and grapefruit
Honey	None	AVOID ALL
Meat Substitutes	None	AVOID ALL
Nuts; Seeds; Popcorn	NONE	AVOID ALL
Soups	Bouillon, consommé, fat free broth	AVOID all others
Sweets & Desserts	Gelatin	AVOID ALL
Vegetables	None	AVOID ALL

Special Consideration: After surgery and fasting, should persistent abdominal cramps or discomfort occur with a clear liquid diet, the patient should notify the physician, nurse or dietitian at once. In preparation for a medical test, it is important that the clear liquid diet be followed exactly. **Remember that the value of the examination will depend on getting a thoroughly clean bowel.**