Sutab Prep Method

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Your procedure is scheduled for: Date:

Time:

Arrival Time:

Avoid any food containing seeds, nuts or popcorn 1 week before your procedure.

Your procedure will be performed at: **Bethesda Endoscopy Center**:

Camalier Building
10215 Fernwood Road, Ste. 260
Bethesda, MD 20817
301-530-2800

Please arrange for someone to drive you home after the procedure. You will not be allowed to leave alone if you have any type of sedation. If you have no one to take you home, you may arrange for the following private company to provide service:

Buckley's   RMS contact Randy
Phone: 703-390-0535   301-946-8848   202-345-2845
info@buckley4seniors.com

For questions or schedule changes contact Rockville Internal Medicine Group @ 301-762-5020 ext. 3056

Note: If you are canceling the night before your procedure, contact the endoscopy center directly and leave a message 301-530-2800 (There is a cancellation fee of 150.00 if you don't give 48 hour notice).

If constipated Take an over the counter stool softener 3 days prior to your procedure

Medications:

- If possible, stop Aspirin, Advil, Motrin, and Ibuprofen, fish oil, iron supplements and Aleve 7 days before the procedure. Tylenol (acetaminophen) is ok to take. If by mistake you take any of these meds in the week before the procedure, there is no need to call the doc or cancel the procedure. We will do the procedure anyway.

- If you are taking blood thinners like Coumadin (warfarin), Xarelto, Pradaxa, Lovenox, Plavix (clopidogrel), Aggrenox (or any others) you need to discuss the management of these ahead of time with your endoscopist.

- You can take blood pressure medicines the day of the procedure as long as you take them 3 hours before your arrival time.

- If you take diabetes medications, take a ½ dose of your medications. You must discuss the management of these with your endoscopist or your prescribing physician ahead of time to decide on the timing of the doses.

Preparations for the Colonoscopy

THE DAY BEFORE:
*If your procedure is scheduled in the <u>morning</u>, you **may have nothing but clear liquids** the entire day prior no exceptions. (see page 3 for acceptable clear liquids)

*ONLY if your procedure is scheduled in the **AFTERNOON**, you **may have a light breakfast before 10 am the day before** this includes….. 2 boiled eggs, tofu, white bread or toast with seedless jelly coffee/tea NO creamer or dairy NO butter or butter substitutes (Nothing but clear liquids after breakfast). (see page 3 for acceptable liquids)

NO DAIRY PRODUCTS!!

SuTab Kit (prescription is needed).

Part 1- The Day Before:

First Dose: between 4-5pm the evening before your procedure and complete all steps

Step 1-Open 1 bottle of 12 tablets

Step 2: Fill the provided container with 16oz of water (up to the fill line) Swallow each tablet with a sip of water, and drink the entire amount of water over 15-20 minutes.

Step 3: You must drink two more 16 oz. containers of water (clear liquids) over the next hour.

Part 2- The Day of Your Procedure.

5 HOURS BEFORE your procedure time you repeat the same steps as part 1.

Step 1: -Open the 2nd bottle of 12 tablets

Step 2: Fill the provided container with 16oz of water (up to the fill line) Swallow each tablet with a sip of water, and drink the entire amount of water over 15-20 minutes.

Step 3: You must drink two more 16 oz. containers of water (clear liquids) over the next hour.

<u>Nothing by mouth 3 hours before your procedure includes water, gum, candy, mints etc.</u>

*Regardless of weight/ size, all patients take the same dose of prep.

ACCEPTABLE CLEAR LIQUIDS

Water

Clear soft drink (ginger ale, tonic, Gatorade, etc.)

Tea/ Coffee

Clear Broth (Vegetable, Beef or Chicken)

Jell-O (stay away from red, blue or purple colors)

Orange juice without pulp is okay to have <u>the day before</u> the procedure, but NOT the morning of the procedure

Dietary Supplements (Ensure, Sustecal, Enlive, Boost-stay away from chocolate flavor)
These are okay to have the day before the procedure, but not the morning of the procedure.