

General Procedure Information

Please read these instructions two weeks before

-Arrange to have a driver to come with you and remain in our waiting room during your test.

Laxative Prep Method

*Follow these instructions. **Do NOT follow instructions on the box.**

NO low residue diet.

SUTAB – Split dose

Supplies to purchase

1. SUTAB kit (fill prescription)
2. Clear liquid beverages/product

General Instructions

2 weeks before procedure

-Stop taking herbal products

1 week before procedure

-Stop taking aspirin, NSAIDs and blood Thinners **3, 4, or 5** days or as approved by your prescribing physician. You may take Tylenol (acetaminophen)
-Stop multivitamins, vitamin E, iron, fish oil supplements, nuts and seeds.

Days before your procedure

-Purchase supplies
-Read through these directions
-If your procedure is at **Summit Endoscopy Center**, expect a call from the anesthesia department to discuss your medical history.

If you are diabetic, read and follow the special diabetic instructions.

Questions? Please see frequently asked questions first. If you still have questions, please call 770-719-3240.

Day Before Procedure

Date _____

DIET INSTRUCTIONS

You may only have CLEAR LIQUIDS the entire day before your procedure

NO SOLID FOODS should be eaten on this day

Examples of CLEAR LIQUIDS: strained fruit juices (apple, white grape, white cranberry). Limeade, lemonade, coffee, tea (no creamer), Coke, Pepsi, Diet soda, non-red soft drinks, chicken or beef broth, gelatin desserts without added fruit or whipped topping

AVOID RED and PURPLE liquids, including food dye

AVOID MILK and ALCOHOLIC beverages

LAXATIVE PREP INSTRUCTIONS

DOSE 1:

-**Step 1:** At **5 PM**, begin Dose 1. Open 1 bottle of 12 tablets. 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 minutes.

- **Step 2:** 1 hour after taking the last tablet, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

-**Step 3:** Wait 30 minutes then fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.



-Continue to drink clear liquids until bedtime.

Day of Procedure

Date _____

You may have **NO** smokeless tobacco (dip, chew, etc.) or marijuana on this day.

LAXATIVE PREP INSTRUCTIONS

DOSE 2:

- **6 hours BEFORE LEAVING for the procedure**

Begin Dose 2: Repeat **Steps 1 through 3** from Dose 1.

- You must complete all SUTAB tablets and required water at least 4 hours before colonoscopy.



-**Put nothing else in your mouth** except a small sip of water with your heart, blood pressure or seizure medication.

-**You must have NOTHING in your mouth 4 hours prior to your procedure.** (This means NO water, ice chips, gum, candy, cough drops, etc.)

**Any contents in your stomach could come up, getting into your lungs while under anesthesia.

GENERAL INSTRUCTIONS

-You may brush your teeth and gargle prior to your test.

-DO NOT wear body LOTION or body JEWELRY. Please remove all piercings (tongue, cheek, nose rings, etc.) prior to arrival.

-You **MUST** have a driver who remains on the hospital campus while your procedure is being performed.

-Failure to follow these instructions may cause your procedure to be delayed or cancelled.