

Colonoscopy Preparation Instructions

PLEASE READ THIS INFORMATION AS SOON AS YOU RECEIVE IT!

If you have any questions or to make a change to your appointment, Please call our OFFICE at (334) 747-7070.

Date and Time

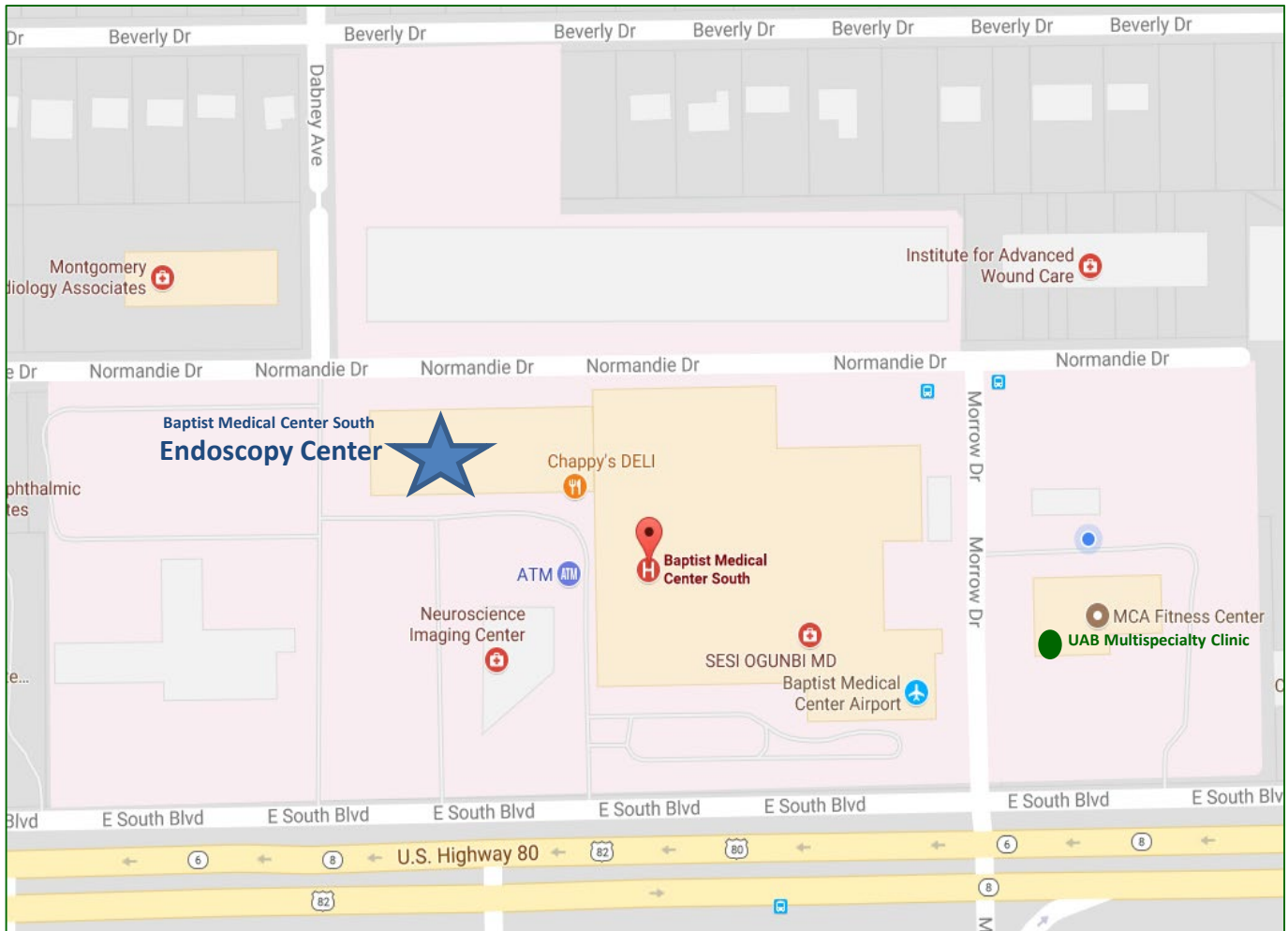
Date:

Arrival Time:

- Your procedure is scheduled with Dr _____
- Please arrive on time for your procedure.
- We work very hard to stay on schedule. We need some time before procedure to complete paperwork, place an Iv line etc.
- If you cannot keep your scheduled appointment, please notify us at least 2 business days before your scheduled time.

Location

Baptist Medical Center South Endoscopy Center located at **first floor of Morrow tower** (Blue star in the map)
Address: 2055 E South Blvd, Montgomery, AL 36116 (Parking available on site)



BOWEL PREPARATION - SUTAB

The day prior to your procedure:

- **DO NOT EAT ON _____**
- CONSUME ONLY CLEAR LIQUIDS ON THIS DAY. NO SOLID FOOD! ←
- No alcohol allowed.
- **At 3pm:**
 - **STEP 1** Open 1 bottle of 12 tablets.
 - **STEP 2** 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 to 20 minutes.
 - **IMPORTANT:** If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.
 - Drink additional water
 - **STEP 3** Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.
 - **STEP 4** Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.
- DO NOT CONSUME ANYTHING AFTER MIDNIGHT EXCEPT MEDICATIONS UNTIL AFTER YOUR PROCEDURE.
- Consider having a soothing cream such as Vaseline, A&D Ointment, or Desiten available to reduce irritation from frequent bowel movements.

The day of the procedure:

- DO NOT CONSUME ANYTHING AFTER MIDNIGHT EXCEPT MEDICATIONS UNTIL AFTER YOUR PROCEDURE.
- **At 3am:**
 - open the second bottle of 12 tablets
 - Repeat **STEP 1 to STEP 4** from **DOSE 1**
 - IMPORTANT:** You must complete all SUTAB tablets and required water at least 2 hours before colonoscopy.
- Arrive at the Endoscopy Lab at Baptist Medical Center South at **first floor of Morrow tower** at your scheduled procedure time.
- You will need someone to drive you to and from the hospital AND wait in the waiting room until the procedure is done. The procedure can't be done unless you have a driver. You will be there for approximately 4 to 4-1/2 hours from the time you arrive. The driver must be flexible as the procedure may run longer than expected. The person driving you must accompany you at check in for confirmation and instructions for pick up.
- Please bring medication list with you to your appointment along with your insurance cards and driver's license.

Important Points To Remember

IF YOU FAIL TO FOLLOW INSTRUCTIONS, THE PROCEDURE MAY GET CANCELLED !!

- **DO NOT EAT THE DAY PRIOR TO PROCEDURE.**
- Consume only clear liquids on the day prior to procedure day. No solid food!
- Drink Bowel Prep (SUTAB) : (See picture instructions on last page)
 - Begin Step 1 to 4 at 3 pm the evening before your procedure**
 - Repeat Step 1 to 4 at 3 am the morning of your procedure**
- Do not consume anything after midnight on day of procedure except medications and Bowel Prep
- For Blood thinners use, read 'instructions for medications use'
- You will need driver on day of procedure to drive you back home !!
- Please bring medication list, your insurance cards and your driver's license with you on day of procedure.

What can I eat the day before procedure ?
Only Clear liquids... No solid foods

Examples of clear liquids

- ✓ Water (plain, carbonated or flavored)
- ✓ Clear Fruit juices without pulp (apple or white grape juice)
- ✓ Clear Fruit-flavored beverages (fruit punch or lemonade)
- ✓ Carbonated drinks, including sodas
- ✓ Tea or coffee without milk or cream
- ✓ Clear Sports drinks
- ✓ Clear, fat-free chicken/vegetable broth (bouillon or consommé)
- ✓ Honey or sugar
- ✓ Jell-o (no red), popsicles (no red), Lemon Ice
- ✓ Hard candy, (lemon drops or peppermint rounds)
- ✓ Ice pops without milk-fruits-seeds-nuts
- ✓ Avoid red or purple items of any kind

No solid foods
the day before
Colonoscopy

Means

No Breakfast
No Lunch
No Dinner

Please call us if you have different instructions (than mentioned here) from your Pharmacy/Pharmacist for Bowel Prep or Medications

Instructions For Medications Use

- Take all your **heart, blood pressure, and seizure medication** as usual with small sips of water the day prior and on day of procedure.
- **Aspirin:** Do not stop aspirin (81mg) prior to your procedure. If you are on aspirin dose higher than 81mg, Call your primary care doctor or cardiologist and ask if you can safely stop these medications five (5) days prior to procedure.
- **Coumadin (warfarin):** Call your primary care doctor or cardiologist and ask if you can safely stop the Coumadin five (5) days before your procedure.
- If you take **Eliquis** (apixaban), **Pradaxa** (dabigatran), **Savaysa** (edoxaban), or **Xarelto** (rivaroxaban): Call your primary care doctor or cardiologist to ask if you can safely stop these medications 48 hrs before your procedure.
- If you take **Plavix** (clopidogrel), **Effient** (prasugrel), **Ticlid** (ticlodipine) or **Brilinta** (ticagrelor): Call your primary care doctor or cardiologist to ask if you can safely stop these medications 5 to 7 days before your procedure.
- If you take **Lovenox** (enoxaparin), **Aristra** (fondaparinux), **Fragmin** (dalteparin) or **Iprivask** (desirudin): Call your primary care doctor or cardiologist to ask if you can safely stop these medications 24 hrs before your procedure.
- If you are on **any other blood thinners** not mentioned above, please discuss with your cardiologist or primary care physician or call our office at least seven days prior to procedure.
- **If your doctor tells you that you cannot stop blood thinners, then please call us immediately to reschedule the procedure at later time whenever you can safely stop it for procedure.**
- **Iron:** Stop iron five (5) days before the procedure. Iron can make preparation difficult and result in a poorly cleaned colon.
- **Insulin:** Call your primary care doctor for instructions at least five (5) days before the procedure.
- **Herbal Medications:** It is best to stop any herbal remedies five (5) days before the procedure as many of them can thin the blood and increase the risk of bleeding during the procedure.

What to Expect: Colonoscopy

- A colonoscopy looks for polyps or cancer whether or not you have any specific risk factors—even if you have no symptoms. This test allows us to catch colon polyps and remove them to try to prevent cancer altogether, and to catch colorectal cancer in its earliest stages, when it is easiest to treat.
- Before your colonoscopy, you need to clean out your colon (colon prep). Colon prep usually takes two days.
- Colon prep can be time consuming and a little uncomfortable, but it is absolutely necessary for a quick and successful colonoscopy.
- To make your prep successful, you should consume a liquid diet (such as clear broth, black coffee, tea, apple juice, clear soft drinks, and popsicles) the entire day before your colonoscopy.
- Usually, we recommend a “split prep.” The evening before your colonoscopy and early in the morning on the day of your colonoscopy, you drink a liquid that triggers bowel-clearing diarrhea.
- You should plan to stay home during this process since you will need to use the bathroom often.

After Your Colonoscopy

- You should not plan to work, schedule other appointments or meetings following your procedure. You should not drive for the remainder of the day.
- After your procedure is completed, you may experience some cramping or bloating because of the air introduced into the colon during the examination. This should discontinue promptly with the passage of gas.
- Generally you should be able to eat after your procedure, but follow doctor’s advice for any special diet restrictions.
- Resume blood thinners as per your gastroenterologist’s advice.

Colonoscopy Procedure

- You lie on your side on the exam table with your knees drawn toward your chest.
- We give you medication to help you relax and block any discomfort. Many people do not even remember the test after it is done.
- We insert the colonoscope (a small flexible tube and tiny camera) into your rectum.
- We use small amounts of water air to inflate your colon, making it easier to pass the colonoscope, while also allowing better views of your colon.
- The camera at the tip of the colonoscope sends images to a large video monitor, so we can examine the characteristics of your colon in great detail.
- Once we reach the opening to your small intestine, we examine your large intestine very closely as we slowly remove the colonoscope.
- If we detect colon polyps, special tools allow us to completely remove polyps. If we detect other abnormalities, special tools allow us to take tissue samples.
- After your procedure, you may feel a little bloated. Passing gas will help clear the air from your colon.

Complications Associated with Colonoscopy

- As with any procedure, it is possible for complications to happen. Although they are very uncommon, possible complications associated with a colonoscopy include:
 - ✓ Bleeding from the site where we take tissue samples (biopsies) or remove colon polyps
 - ✓ Puncture (perforation) in your colon or rectum, which could require surgery to fix
 - ✓ Discomfort during the preparation process
- Overall, experts agree that the potential benefits of colonoscopy are greater than the potential risks.

Begin **Step 1** at **3pm** the evening before your procedure and proceed as shown below.

The Dosing Regimen

SUTAB is a split-dose (2-day) regimen. A total of 24 tablets is required for complete preparation for colonoscopy. You will take the tablets in two doses of 12 tablets each. Water must be consumed with each dose of SUTAB, and additional water must be consumed after each dose.

DOSE 1 – On the Day Prior to Colonoscopy

Take the tablets with water

STEP 1 Open 1 bottle of 12 tablets.



Tablets not shown actual size.



STEP 2 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 to 20 minutes.

IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.

Drink additional water

STEP 3 Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

STEP 4 Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

DOSE 2 – Day of the Colonoscopy

- Continue to consume only clear liquids until after the colonoscopy
- The morning of the colonoscopy (5 to 8 hours prior to the colonoscopy and no sooner than 4 hours from starting Dose 1), open the second bottle of 12 tablets
- Repeat **STEP 1** to **STEP 4** from **DOSE 1**



Tablets not shown actual size.



IMPORTANT: You must complete all SUTAB tablets and required water at least 2 hours before colonoscopy.

Please call us if you have different instructions from your Pharmacy or Pharmacist.