

GASTROENTEROLOGY AND HEPATOLOGY CENTER
Sanjeev M. Wasan, M.D., PLC
19420 Golf Vista Plaza, Suite 230, Lansdowne, VA 20176
Phone: 703-724-4480 Fax:703-724-7743
www.gihepcenter.com

SUTAB preparation for Colonoscopy Procedure -Split dose

*****Please read 2 weeks prior to your appointment*****

****PICK UP your SUTAB prescription from your pharmacy in advance!**

Restrictions beginning 5 days prior to procedure

Blood thinners: Stop taking aspirin and aspirin type products **5 days** before procedure unless directed otherwise. Avoid aspirin, Advil, Motrin, Aleve, Excedrin, iron pills, arthritis medications, NSAIDS or any similar medications for 5 days prior to the procedure. Tylenol is permitted. **Please stop taking** Coumadin, Pradaxa, Xarelto, Effient, Plavix, or Eliquis 5 days prior to procedure unless otherwise directed.

Supplements and Vitamins: Stop taking any herbal medications, Vitamin E, Fish Oil, Multi Vitamins, etc. 5 days prior to procedure unless otherwise directed.

Alcohol: Do not drink alcohol or alcohol products starting 5 days before procedure.

Blood pressure/Heart Disease/Asthma meds: It is highly recommended that you take your medication for heart disease, high blood pressure and asthma the morning of your procedure. Pills can be taken with a small sip of water, please take them at least 4 hours prior to your procedure that day. Bring your inhalers to the Facility as well. All other medications should be brought to the facility to be taken after your procedure.

****Hold Diabetes medications the morning of the procedure if you have diabetes****

DO NOT eat food containing seeds, beans, nuts, corn, pepper, lettuce, raw vegetables and the skin of fruits for **5 days** prior to the procedure.

On the **day before** your procedure you may have **Only clear liquids all day as soon as you wake up regardless of the time of the procedure.** (See list below) *****No Solid foods allowed!!**

CLEAR LIQUIDS ALLOWED: Any liquids that are not red or purple in color and do not contain solid food. Liquids that are acceptable are: water, black coffee, clear tea, coffee substitutes, carbonated beverages (i.e. cola, ginger ale, etc.), Jell-O gelatin without food particles, ices, clear fruit juices, broth, bouillon, Gatorade, PowerAde and similar products. Avoid all milk products.

***INABILITY TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN THE CANCELLATION OF PROCEDURE AND SUBJECT TO THE CANCELLATION FEE*. Please call our office if you have any questions.**

****Colonoscopy Preparation Instructions****

Please follow our instructions and not those on the SUTAB box

1 DAY PRIOR TO EXAM:

1ST DOSE: At 3:00 PM the night before your procedure, open 1 bottle of 12 tablets.

- Fill the provided container with 16 oz of water (up to the fill line).
- Swallow each tablet with a sip of water. Complete all 12 tablets over 20 mins. Drink the entire amount of water with the pills.
- **30 mins. later** fill the provided container with 16 oz of water and drink the entire amount over 30 mins.
- **1 hour later** fill the provided container with 16 oz of water and drink the entire amount over 30 mins
- You may continue to drink clear liquids ONLY, for the rest of the evening.

DAY OF EXAM:

2ND DOSE: At 7 hrs before your procedure time, open the 2nd bottle of 12 tablets.

- Fill the provided container with 16 oz of water (up to the fill line).
- Swallow each tablet with a sip of water. Complete all 12 tablets over 20 mins. Drink the entire amount of water with the pills.
- **30 mins. later** fill the provided container with 16 oz of water and drink the entire amount over 30 mins.
- **1 hour later** fill the provided container with 16 oz of water and drink the entire amount over 30 mins.

IMPORTANT: You must complete all SUTAB tablets and required water at least 4 hours before your colonoscopy and have nothing more by mouth until after your Colonoscopy!!

Please follow additional instructions if box is checked:

- 4 nights prior, take 1 full dose of Miralax nightly.
- 1 day prior, take 1 bottle of magnesium citrate at 8 am.
- 2 nights prior, take 2 pills of Dulcolax (Bisacodyl) 5mg laxative tablets
- 1 day prior, take 2 pills of Dulcolax (Bisacodyl) 5mg laxative tablets at 8 am.
- 1 day prior, take 2 pills of Dulcolax (Bisacodyl) 5mg laxative tablets at 12 noon.

***** Arrive for your Colonoscopy ON TIME! (1 hr prior to procedure start time)**

****Please arrange for a reliable adult (18 or older) to drive you to and from the procedure. You may not go home in a Taxi, Uber, Lyft or bus. OPERATING A VEHICLE or any other machinery is PROHIBITED for the remainder of the day after the procedure because of the effects of the medications used for sedation.**

***INABILITY TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN THE CANCELLATION OF PROCEDURE AND SUBJECT TO THE CANCELLATION FEE*. Please call our office if you have any questions.**