

COLONOSCOPY PREPARATION INSTRUCTIONS

Please read this entire document to ensure your **SUTAB** bowel preparation is correctly performed

STEP 1

7 DAYS BEFORE PROCEDURE

DO

- Ensure you have received your **Prep Package** from **Gift Health** or Rx sent to your pharmacy
- All of your prep supplies and instructions will be provided. Follow the instructions provided by us. You should have received:
 - **SUTAB**
 - **MIRALAX**

DON'T

- Inject your weekly GLP-1
- Take your **PRESCRIBED BLOOD THINNER**. You will have been given instructions on when to hold this medication prior to your procedure. **If you have not been given specific instructions, please immediately call us at (530) 246-7000**

STEP 2

3 DAYS BEFORE PROCEDURE

DO

- After lunch:** Mix 2 capfuls of **MIRALAX** (34g) in any 8 to 16 oz of water, gatorade or plain juice. **You will repeat this step for the next 2 days after lunch**
- Confirm you have a driver on procedure day.

DON'T

- Eat high fiber foods/roughage (You will be on a **Low Residue diet** today and transition to a **Soft Diet tomorrow**)
- Eat nuts and seeds

STEP 3

1 DAY BEFORE PROCEDURE

DO

Start a **Clear Liquid Diet** in the morning and continue until 3 hours prior to your procedure. If you are on any diabetic meds please refer to the **Diabetic Med Guide** provided in your Prep Package

DON'T

Eat Solid Food or drink Dairy Products, Alcohol, Red/Purple Colored Products

Lunch: Mix 2 capfuls of **MIRALAX** (34g) in water, Gatorade or plain juice and drink.

Starting at 5PM: **SUTAB is a two-dose regimen. You will start Dose 1 tonight & Dose 2 five hours prior to your procedure**

- There are a total of 24 tablets divided into 2 doses
- Open **1 bottle of 12 tablets**, fill the provided 16 oz container up to the fill line and **swallow 1 tab every 1-2 minutes with a sip of water** from the container. **Drink all 16 oz over the next 20 minutes.**
- Consume two more 16 oz containers of water
- *If nausea, bloating or cramping occurs, pause or slow the rate until symptoms diminish*

****YOU MAY DRINK CLEAR LIQUIDS UP UNTIL 3 HOURS BEFORE YOUR PROCEDURE****

STEP 4

DAY OF PROCEDURE

DO

Take your regular morning medications with small sips of water. **ESPECIALLY your BLOOD PRESSURE MEDS**

Refer to the **Diabetic Med Guide**

DON'T

Eat Solid Food or drink Dairy Products, Alcohol, Red/Purple Colored Products

5 HOURS BEFORE ARRIVAL Finish Dose 2:

- Open the 2nd bottle of tablets, fill the 16oz container with water and repeat the process above
- Consume two more 16 oz containers of water
- Your bowel movements should be: liquid and clear/yellow

3 HOURS BEFORE Arrival:

- STOP ALL LIQUIDS
- NO gum, mints, hard candy, marijuana, cigarettes, chewing tobacco

If you have any preparation issues or questions, contact the Procedure Center at 530-246-7000