



Peter Kvapil, MD * Shail Maheshwari, MD * Apurv Varia, MD * Matthew Clark, MD * Rambabu Chalasani MD * Avais Chatha, MD*

COLONOSCOPY-SUTAB TABLET INSTRUCTIONS

PLEASE REVIEW 5 DAYS PRIOR TO YOUR PROCEDURE

FOLLOW THESE INSTRUCTIONS

FACILITY/LOCATION: DATE:

ARRIVAL TIME:

Facility will confirm your appointment. Arrival time may be adjusted.

5 DAYS PRIOR TO YOUR COLONOSCOPY

- **STOP** PLAVIX, COUMADIN, IRON, VITAMIN E, VITAMIN D, FISH OIL, ASPRIN, CO Q10 ETC. UNLESS TOLD OTHERWISE.

ONE WEEK PRIOR TO YOUR SCHEDULED PROCEDURE STOP TAKING PRESCRIBED WEIGHT LOSS MEDICATION, OR YOUR PROCEDURE WILL BE CANCELLED

THE DAY BEFORE YOUR COLONOSCOPY

- Wake up to a **CLEAR LIQUID DIET**, A list is provided on the back of this sheet.
- **HYDRATION** is a part of your prep! Drink **8oz** CLEAR LIQUIDS every hour throughout the day you start your prep.
- **DO NOT DRINK ANYTHING RED OR PURPLE , NO ALCOHOL, NO DAIRY.**

AT 2pm Double dose miralax mixed with 12oz water

AT 3:30 PM START YOUR FIRST SET OF SUTAB (TABLETS).

- Pour A **GLASS** of water
- Take all tablets **ONE AT A TIME** within the hour, with water.
- **YOU MUST DRINK TWO MORE 16 OUNCES OF WATER OVER THE NEXT HOUR**

At 8:30 PM TAKE YOUR SECOND SET OF THE TABLETS

- Pour A **GLASS** of water
- Take all tablets **ONE AT A TIME** within the hour, with water.
- **YOU MUST DRINK TWO MORE 16 OUNCES OF WATER OVER THE NEXT HOUR**



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AT 10PM double dose miralax mixed in 16 oz of juice or water

NOTHING TO DRINK 4 HOURS PRIOR TO YOUR COLONOSCOPY

EXAMPLES OF CLEAR LIQUIDS NO RED OR PURPLE LIQUIDS

- WATER PLAIN OR FLAVORED
- TEA & COFFEE (**NO CREAMER OR MILK, NO DAIRY**)
- CLEAR CHICKEN BROTH AND CONSOMME
- APPLE JUICE AND WHITE GRAPE JUICE
- LEMONADE AND LIMEADE (**NO PULP**)
- SPRITE, 7-UP, AND GINGERALE
- JELLO AND POPSICLES
- GATORADE, POWERADE, KOOL-AID (**NO RED OR PURPLE COLORING**)
- COCONUT WATER (**NO COCONUT MILK**)

NO SOLID FOODS!

**NO MEATS, NO VEGETABLES, NO DAIRY, NO GRAINS AND STARCHES
NO JUICES WITH PULP: ORANGE JUICE, VEGETABLE JUICE, NECTARS ETC.
NO SMOOTHIES**

YOU MUST HAVE SOMEONE RESPONSIBLE AND OVER THE AGE 18 TO DRIVE YOU HOME, YOU WILL NOT BE PERMITTED TO HAVE YOUR PROCEDURE WITH ANY TYPE OF ANESTHESIA WITHOUT A RESPONSIBLE RIDE.

IF BIOPIES ARE TAKEN THEN PLEASE ALLOW 10 BUSINESS DAYS TO OBTAIN RESULTS

ARRIVAL TIMES CAN CHANGE ! KEEP THE DAY OF YOUR PROCEDURE OPEN.

FOR QUESTIONS CALL **936-321-5440**