



James P. Nealon, MD, FACS
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SUTAB - Colonoscopy Prep Instructions

Your procedure is scheduled at Legacy Silverton Hospital: _____

You will need:

- **4 GasX or Simethicone gas relief capsules (over the counter)**
- **Your bowel prep was sent to your pharmacy.**
- If you take Ozempic, Trulicity, Mounjaro or Jardice you will need to stop 1 week prior to your Colonoscopy. (If you take Metformin, please hold until after your colonoscopy, do not take it on the day before your procedure. If you take Lisinopril, please hold your usual dose until after the procedure.)

5 Days Before

- Stop taking iron pill, fish oil, Vitamin E, Aspirin, ibuprofen or any NSAIDS, Plavix, Coumadin and any other blood thinners unless otherwise directed by your physician.
- If you need pain medication, Tylenol is safe to use prior to this procedure as needed.
- Avoid taking medications directly before or after your prep.

2 Days Before

- Avoid celery, salad, corn, popcorn, berries, and nuts for at least two days prior to the procedure.

IMPORTANT REMINDERS:

Preparation is very important. An adequate clean out allows for the best evaluation of your entire colon. If you do not follow the recommended prep instructions your procedure will be canceled.

- **THE DAY BEFORE YOUR PROCEDURE: You will be on a CLEAR LIQUID diet this ENTIRE DAY. (Examples: water, apple or white grape juice, chicken or beef bouillon, Jell-O, Gatorade, clear soft drinks, or green tea.)**
- **NO black coffee, tea or any red or purple dyed drinks. No dairy products or solid foods. Please plan accordingly.**

COLONOSCOPY- FOLLOW INSTRUCTIONS BELOW:

4:00 PM

Take 2 Gas X tablets. Fill the provided container with 16 oz of water and open one bottle of SUTAB (12 tablets total). Swallow each tablet with water and wait about 2 minutes per tablet. If you take all 12 tablets at once, you will have vomiting, and the procedure will need to be rescheduled. Stay close to the restroom.

Over the next hour drink 2 additional 16 oz of water

9:00PM

Take 2 Gas X tablets. Fill the provided container with 16 oz of water and open the second bottle of SUTAB (12 tablets total). Swallow each tablet with water and wait about 2 minutes for each tablet. It will take about 30min to complete. Stay close to the restroom.

10:00PM

Over the next hour drink 2 additional 16 oz of water

Day of Colonoscopy Reminders:

- Take your regular morning medications at least 4 hours prior to your appointment.
- Blood Pressure and Heart Medications: take these medications with a sip of water if you have been instructed.
- If you take Lisinopril, please hold your usual dose until after the procedure.
I.V. sedation or anesthesia will be given for this procedure. Therefore, you must be accompanied by a friend or relative to take you home. **You MAY NOT drive**, go home in a taxi, or by bus. If this is not followed, your procedure will be canceled.



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Frequently Asked Questions

I can't afford my prep, what can I do?

If this happens call our office and see what options are available.

Before the procedure

How long will this procedure take?

You should plan to be at the hospital at least 3-4 hours to check in, have the procedure, recover, and listen to the doctor's report.

When should the prep start to work?

It may start working before you even finish the prep, if it does you MUST finish the entire prep to make sure your colon is clear for your procedure.

The prep made me throw up. What should I do?

Some people get nauseous or may throw up the prep. If this happens, stop the prep for one hour and start it again more slowly. If it happens again, please call our office.

Why do I need a driver, can I just walk home?

You are having a medical procedure with sedation which requires you to have someone drive you home and to make sure you get home safely.

Reminder:

Please call our office if you need to cancel or reschedule your procedure.