

Preparing for your Colonoscopy SUTAB

Procedure Date: _____ Please arrive at: _____

Procedure Location: Seaford Endoscopy Center 302-629-7177
TidalHealth Nanticoke 302-629-2229

Dr. Mackler
**After Hours call 629-6611
Option 5**
Ask for Dr. Mackler to be paged

You are scheduled for a colonoscopy to examine the inside of your large intestine. In order to achieve the maximum benefit of this examination, your intestine must be thoroughly cleansed of all stool. It is possible that your test will have to be repeated or rescheduled if the bowel is not thoroughly cleansed. Please follow all of these instructions carefully and call if you have any questions about your medications, diet or bowel preparation.

Important Medication Instructions

Please read your Instructions on the bottom of the Patient Clinical Summary you were given at the office. It is very important to follow the medication instructions. Medications such as blood thinners, diabetic medication, vitamins, iron, herbal supplements, aspirin and non-steroidal anti-inflammatory drugs (like Advil and Aleve) can limit or cause complications during your Colonoscopy. Do not stop medications the day of your prep unless you were told to do so. The day of the Colonoscopy, take only the medications Dr. Mackler told you to take. **Do not take oral medications within 2 hours before the start of each dose of SUTAB. Follow these prep instructions**, which may be different than the instructions on the package insert. If you have any questions, please contact Dr. Mackler at the number(s) above.

Drink your Bowel Preparation the day before your Colonoscopy

Before the day of your Prep: Please purchase the SUTAB Bowel Prep Kit. Also purchase a variety of items from the Clear Liquid Diet list you were given. SUTAB is taken as a split dose (2-day) regimen. Please follow the directions below carefully. **BOTH** bottles of tablets are needed for a complete prep.

The Morning of your Prep: _____ Have a clear liquid breakfast. Do Not Eat any solid foods the day of the prep. Drink and eat **ONLY** items that are on the Clear Liquid Diet list.

Time: _____ **On the evening before your Colonoscopy complete steps 1-4 using one (1) bottle of 12 tablets.**

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 table with a sip of water, and drink the entire amount of water over 15-20 minutes.

Step 3: Approximately 1 hour after swallowing the last tablet, fill the provided container again with 16 ounces of water, 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, and drink the entire amount over 30 minutes.

Continue the Clear Liquid Diet for the rest of the evening until bedtime. At Midnight the night before your Colonoscopy, stop all clear liquids unless otherwise instructed.

At this point, your bowel movements should be as thin as water with no solids. They may be the color of whatever clear liquid you have been drinking. You may see a very small amount of mucus floating or sand-like sediment in the toilet.

Time: _____ **On the morning of your Colonoscopy, 5 hours before your colonoscopy appointment time, repeat Steps 1-4 above using the second bottle of 12 tablets.**

Do not eat or drink anything else. **NOTE:** You must finish Step 4, drinking the third 16-ounce container of water, at least 2 hours before your colonoscopy appointment.

Time: _____ If you were instructed to take medications the morning of your Colonoscopy, take them with only a sip of water 2 hours or more before your appointment after drinking the third container of water. Do not chew gum, suck on candy or smoke the morning of your procedure.

If you are unable to complete the prep and/or your bowel movements are still solid or thick like a milkshake by the end of the prep, please contact Dr. Mackler at the number(s) above.