



Digestive Care Center

General Procedure Instructions

Read and follow these instructions closely. Failure to follow them will result in your procedure being **cancelled or rescheduled** to a different day. These instructions are for your safety. Failure to follow them could cause severe complications, resulting in **HOSPITALIZATION or even DEATH**.

****DO NOT DRINK ANYTHING FOR FOUR (4) HOURS BEFORE YOUR SCHEDULED PROCEDURE START TIME. THIS EVEN INCLUDES CHEWING GUM, MINTS, OR SMALL AMOUNTS OF WATER AND MEDICATIONS.***

****NO TOBACCO PRODUCTS SIX (6) HOURS BEFORE YOUR SCHEDULED PROCEDURE START TIME.****

****Avoid CBD Oil and Marijuana use 24 hours prior to your procedure.****

****Please notify us** if you are taking any **blood thinning** medications, (ex: Coumadin, Plavix, Aggrenox, Xarelto, Eliquis, Pletal, Pradaxa, etc.) or Diabetic Medication.

Do NOT take any of the following medications for **SEVEN (7) days** prior to your procedure:

1. Iron medications or supplements (e.g. Fermalox, Niferex, Ferrous Sulfate), or vitamins containing iron
2. Any fiber supplements such as Metamucil, Citrucel, Konsyl

DO:

1. Call the facility where you will have your procedure with any questions regarding your medications or preparation instructions.
2. **Have an adult (18+) accompany you to the procedure. He/she MUST stay at the center the entire time you are there to be available for any emergencies and because some of the medication you will receive will impair your ability to drive.**
3. If you are having a colonoscopy, follow the prep instructions carefully and completely.
4. If you are having an upper endoscopy (EGD), begin a clear liquid diet at 11:00 PM the night before your procedure.
5. Stay hydrated by drinking plenty of clear liquids up to your four hour cutoff point.
6. Brush your teeth, but do not swallow water or toothpaste.
7. Check with the physician managing your medications regarding options for temporarily stopping any blood thinning medications or diabetic medications.
8. Take your normal dose of blood pressure, heart, or seizure medications. If, you should take medication the morning of your procedure, take it **at least four (4) hours prior to your procedure**.
9. Arrive for your procedure as directed. Your arrival time will be approximately one hour before your procedure begins. However, if your procedure is scheduled for 7:00am or 7:30am, please be aware that our office does not open until 6:30am. You do not need to arrive before 6:30am.
10. Because each case is different, many factors determine what time your procedure will actually begin. Please remain patient. We will do our best to accommodate you in a timely manner.



Digestive Care Center

One week before your procedure do NOT eat:

Strawberries	Caraway seeds (rye bread)	Pineapple	Tomatoes
Chili or kidney beans	Lettuce	Popcorn	Corn
Oil products	Breads with sesame seeds	Red/orange Jell-O	Oranges
Fruit or vegetable skin/seeds	Peas	Grapefruit	Nuts

You may eat any food not listed above, including fruits and vegetables that are peeled and have the seeds removed.

The day before your procedure, you may consume a light breakfast. You may **only** have the following low fiber foods for breakfast:

****Please avoid liquids containing RED, PURPLE, or, ORANGE dyes. **NO milk, orange juice, or tomato juice.**
****DO NOT consume any alcoholic beverages.**

Breakfast:	Two (2) eggs, fried or boiled two (2) slices wheat bread/toast smooth peanut butter Yogurt with no fruit 30g low-fat, mild cheese
-------------------	---

Following breakfast you MUST start a clear liquid diet, limited only to:

Start Hydrating

Make sure to hydrate before, during, and after the prep.
Follow your doctor's instructions completely.

ACCEPTABLE CLEAR LIQUIDS FOR HYDRATING	
Water	Ginger ale and other sodas
Black coffee or tea	Clear juices: such as apple or white grape juice
Clear broth or bouillon	Plain Jell-O
Sports drink	Frozen juice popsicle



****Please avoid liquids containing RED, PURPLE, or, ORANGE dyes. **NO milk, orange juice, or tomato juice.**
****DO NOT consume any alcoholic beverages.**

Do NOT consume anything 4 hours before your procedure.



Digestive Care Center

SUTAB® Colonoscopy Prep Instructions

*Pick up your prescription that was filled at your preferred pharmacy.

6:00PM the evening before



Tablets not shown actual size.

Open 1 bottle of 12 Tablets. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes.

You must drink two of more 16 ounce containers of water over the next hour.

5 hours before procedure



Tablets not shown actual size.

Open 1 bottle of 12 Tablets. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes.

You must drink two of more 16 ounce containers of water over the next hour.

NOTE: YOU MUST finish drinking the final glass of water at least 4 hours before your colonoscopy.

Prep Assistant

Arrival Time _____

Complete your prep and all hydration by _____

1

ON THE DAY BEFORE THE COLONOSCOPY, you may have low residue breakfast. Low residue foods include eggs, white bread, cottage cheese, yogurt, grits, coffee, and tea.

2

6pm evening before your colonoscopy

- ☐ Consume 12 tablets (1 bottle) with 16 ounces of water.
- ☐ Hydrate with two or more 16 ounces of water over the next hour.



Check off the cups as you go!

Start: _____

Finish: _____

3

(5 hours before colonoscopy time)

- ☐ Consume 12 tablets (1 bottle) with 16 ounces of water.
- ☐ Hydrate with two or more 16 ounces of water over the next hour.

Check off the cups as you go!



Start: _____

Finish: _____

You must complete all SUTAB tablets and required water as least 4 hours prior to procedure.



Hydration is important and it's part of the prep. Make sure to hydrate before, during, and after the prep.