

# Colonoscopy/EGD Prep Instructions

## Sutab Prep Instructions

### 7 DAYS PRIOR TO YOUR PROCEDURE:

Stop taking iron. Multi-vitamins are ok. If you take aspirin or NSAIDS such as Advil, Aleve, Motrin, Celebrex or ibuprofen, you may continue to take them as usual unless otherwise instructed by your physician.

- Do not take laxatives while taking SUTAB.
- Do not take oral medications within 1 hour of starting each dose of SUTAB.
- Do not take tetracycline or fluoroquinolone antibiotics, iron, digoxin, chlorpromazine or penicillamine, within 2 hours BEFORE and within 6 hours AFTER taking each dose of SUTAB.

### 3 DAYS PRIOR TO YOUR PROCEDURE:

Stop eating fruit/vegetables with skin (peel), nuts, seeds, popcorn and corn

### 1 DAY PRIOR TO YOUR PROCEDURE:

*Do not use Marijuana, in any form (including edibles) 24 hours prior to procedure.*

**You may eat a low residue breakfast: eggs, white bread, cottage cheese, yogurt, grits, coffee, or tea.**

**After breakfast, START a clear liquid diet (no later than 8:00 AM)**

- Examples of clear liquids are Gatorade, Pedialyte, Powerade, clear broth, coffee/tea (without milk or creamer), carbonated soda, Kool-Aid, fruit-flavored drinks, apple juice, Jell-O, popsicles, or honey.
- Examples of non-clear liquids are red or purple liquids, alcohol, milk or non-dairy creamers, noodles or vegetable soup, juice with pulp, or any liquids you cannot see through

The following medication/ prep items will be sent to your pharmacy:

Sutab Prescription

**For individuals diagnosed with diabetes:**

- **DAY BEFORE PROCEDURE:** Check your blood sugar often while on clear liquids and prepping.
- **NIGHT BEFORE PROCEDURE:** Do not take your ORAL diabetes medication.
- **NIGHT BEFORE PROCEDURE:** If you are on INSULIN take 1/2 your normal dose.
- **MORNING OF PROCEDURE:** Do NOT take diabetes medications.

**For individuals diagnosed with hypertension:**

- **DAY BEFORE AND DAY OF PROCEDURE:** Take your regular high blood pressure medications

**For individuals with a medical history of seizures:**

- **DAY BEFORE AND DAY OF PROCEDURE:** Take your regular seizure medications

**For individuals currently on anticoagulant/ blood thinner:**

- We will contact you with instructions once we have approval from your provider.

**You are ready for the exam if you followed all of the above instructions and your stool is no longer formed, but clear or yellow liquid.**

Contact us by phone at (309) 762-5560 or online at [qcgastro.com](http://qcgastro.com)

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### 1 DAY PRIOR TO YOUR PROCEDURE (continued):

12:00 Noon:

- Fill the provided container with 16 oz of water (up to the fill line).
- Take 1st bottle of 12 tablets and swallow one at a time with a sip of water
- Drink the remaining water over 15 to 20 minutes
- 1 hour after swallowing the last tablet, fill container to the fill line and drink over 30 minutes.
- 30 minutes after finishing the second container of water, fill container to the fill line and drink over 30 minutes.

**IMPORTANT:** If you experience symptoms of nausea, bloating or cramping, pause or slow the rate of drinking the additional water until your symptoms diminish.

### DAY OF YOUR PROCEDURE:

**4.5 hours prior to your scheduled procedure time.**

- Fill the provided container with 16 oz of water (up to the fill line).
- Take 2nd bottle of 12 tablets and swallow one at a time with a sip of water
- Drink the remaining water over 15 to 20 minutes
- 1 hour after swallowing the last tablet, fill container to the fill line and drink over 30 minutes.
- 30 minutes after finishing the second container of water, fill container to the fill line and drink over 30 minutes.

**NOTHING BY MOUTH 2 HOURS PRIOR TO YOUR CHECK IN TIME (THIS INCLUDES WATER, GUM, ICE MINTS, CIGARETTES)**

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