

INSTRUCTIONS FOR COLONOSCOPY PREP

*** You will need to pick up the Prescription SUTAB from your pharmacy***

Please follow written instructions below, DO NOT FOLLOW INSTRUCTIONS ON BOX

Consult with your Primary Care Physician if you are taking or have the following medical concerns:

- Coumadin/Jantoven/warfarin:** Stop it five (5) days before your colonoscopy if approved by your physician prescribing this medication. **Do not take this medication on the day of your procedure. Ask your physician when to resume this medication**
- Plavix (clopidogrel)/Pradaxa/Pletal (cilostazol)/Effient and Eliquis;** Stop it three (3) days before colonoscopy-**only if approved by prescribing physician**
- Brilinta:** Stop five (5) days before colonoscopy- **only if approved by prescribing physician**
- Aggrenox:** Stop three (3) days to five (5) days prior to colonoscopy- **only if approved by prescribing physician**
- Xarelto/Savaysa:** Stop 48 hours before colonoscopy- **only if approved by prescribing physician**
- Iron pills:** Stop for seven (7) days before colonoscopy
- Dialysis Treatment:** Alternate treatment may be used.
- **Anti-Seizure Medication:** Take at least 2 hours before the scheduled colonoscopy with a small sip of water.
- **Blood Pressure/Heart Medication:** take your morning dose at least 2 hours before your colonoscopy with a small sip of water.
- Insulin:** You may need to adjust your insulin dosages. Please speak with your monitoring physician for further instructions.
Ask your physician when to resume your insulin.
- Inhalers:** Please bring your "rescue" inhaler to your appointment, even if you have not needed to use it for some time.
- Heart Valve Replacement/ Pacemaker with Internal Defibrillator**
- No tomatoes or corn 2 days prior to procedure**

Day prior to procedure:

1. If you have been holding your Coumadin/Jantoven/Warfarin you will need a PT/INR (lab test) taken 24 hours prior to exam if requested by physician. **CLEAR LIQUIDS DIET ALL DAY – no milk or milk products**
2. At **5pm** begin at Step 1 and continue through all four steps.
3. At **9pm** repeat steps 1-4. Continue clear liquids till midnight.

CLEAR LIQUIDS:

- No red or purple liquids.
- Water, Jell-O, coffee or tea(no creamer), strained fruit juice without pulp, clear sodas(7-Up, Sprite, Ginger Ale, etc.), Ensure Vanilla, Broth or Bouillon, Popsicles (no red or purple).

Day of procedure:

1. Nothing by mouth after midnight except approved **medications listed above**** with a sip of water. You may brush your teeth and rinse with water. **NO GUM, MINTS OR LOZENGES. NO CHEWING TOBACCO**
2. **You will be medicated and you need to bring someone with you to drive you home.**
3. Bring a current list of medications and colostomy supplies if applicable; if Menstruating please use a tampon if possible.

On the day of your procedure, report to the following unless otherwise instructed by your physician:

The Endoscopy Center of Topeka, 785-354-1254

Check-in Date: _____

2200 SW 6th Avenue, Suite 103

Check-in Time: _____

If you are unable to keep your appt, please notify the office within 48 hours prior to your scheduled procedure.

DOSE 1—On the Day Prior to Colonoscopy

Take the tablets with water

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



Tablets not shown actual size.

IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.

Drink additional water

STEP 3 Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), 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 (up to the fill line), and drink the entire amount over 30 minutes.