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Scheduled for: Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Time: \_\_\_\_\_AM/PM.

**Report to room 209, a half hour before the procedure at: \_\_\_\_\_AM/PM**

**OFFICE COLONOSCOPY (SUTAB)**

**On the day before your procedure: \_\_\_\_\_**

- You may have **clear liquids only** today. **No solid foods.**
- Examples of clear liquids you can have: Coffee (no cream), Tea, Pop (soda), Water, Clear juices, Gatorade, Clear soup broth, Popsicles, Jell-O
- **Do not have any liquids that are red or purple in color.**
- **Do not have any milk or dairy products.**
- **You may drink these clear liquids until midnight.**

**At 6:00 PM – Start Taking SUTAB (Available through Prescription Only)**

- Fill the container that comes with SUTAB with 16 ounces of water. Take 12 tablets, one at a time, with a sip of water, and finish the full 16 ounces of water within 15 to 20 minutes.
- About 1 hour after finishing the tablets, drink two more containers of water (16 ounces each) over the next hour.

You can drink clear liquids until midnight. After midnight, do not drink anything, including water, or take any medications. Except for blood pressure and heart medications, which you can take with a small sip of water by 7:00 AM on the day of your procedure.

**The day of the procedure:**

- **Do not eat or drink anything after midnight**, including your usual medications. **Also, no gum or candy.**
- **Start using the preparation 6 hours before your procedure starts.** \_\_\_\_\_
- Take it the **same way you did the night before.**
- Make sure **you finish the prep at least 4 hours before your procedure time.**

**You will receive IV anesthesia, so you cannot drive yourself home. Please arrange for a responsible adult (18 or older) to come with you and take you home. Your driver should be ready to pick you up about 2 hours after your arrival time.**

**Female patients who still get their period** must give a **urine sample** before the procedure.

### Before Your Procedure

- Do not smoke or vape for 24 hours before your procedure.
- Do not use marijuana in any form for 3 days before your procedure.
- Do not wear any jewelry, nail polish, or acrylic nails on the day of your procedure.

### After Your Procedure

- It's your responsibility to call our office for any biopsy results.
- Results are usually ready in 3 to 5 business days.
- You can call us to get your results or to schedule a follow-up appointment.

### Medication Instructions

- You can take your **blood pressure and heart medications** with a small sip of water **until 7:00 AM on the day of your procedure.** You can take **all other medications until midnight** the night before your procedure.
- If you are taking **blood thinners**, please follow the instructions in the **handout we provided.**
- If you take **Coumadin/Warfarin** or have **liver disease (like Cirrhosis)**, you need to get a **bleeding profile (blood test) the day before your procedure.**
- If you have **diabetes**, skip your evening diabetes medication the night before your test. **Do not take your diabetes medication on the morning of the test.**
- If you use **insulin**, talk to your **primary care doctor** to adjust your dose. On the morning of your exam, **check your blood sugar** and record here: \_\_\_\_\_.