

COLONOSCOPY PREPARATION: SUTAB

- Patients on blood thinners (Coumadin, Xarelto, Eliquis, Plavix etc.) should stop the medication as instructed. This should also be discussed with the prescribing doctor regarding if and when these can be safely held or transitioned to an alternate agent if needed.

SEVEN DAYS BEFORE COLONOSCOPY:

- STOP NSAIDs, iron supplements, fish oil, Vitamin E
- STOP Aspirin unless otherwise instructed (patients with a history of heart disease should continue Aspirin)

ONE DAY BEFORE COLONOSCOPY: ****Purchase 3 pills of Gas-X extra strength TABLETS (avoid soft gels)****

1. You may have a low residue breakfast no later than 10a.m. Items you may eat include white bread, coffee, milk, juice without pulp, eggs, fruit (no skins or seeds), cornflakes, yogurt, or cottage cheese.
2. After 10am, begin a **CLEAR LIQUID DIET** which includes the following:
 - Fruit juices without pulp (no orange or tomato juice)
 - Gatorade
 - Soft drinks
 - Broth or Bouillon
 - Ice Popsicles
 - Water
 - Italian Ice
 - Black Coffee or Tea

NO MILK OR MILK PRODUCTS / NO NUTS OR SEEDS, NO RED OR PURPLE COLORED LIQUIDS

3. Between 3p.m. and 5p.m. Take 2 Gas-X tablets followed by the first dose of Sutab.
 - a. Open 1 bottle of 12 tablets of SUTAB
 - b. Fill the provided container with 16 ounces of water (up to the top fill line). Swallow each tablet with a sip of water and drink the entire amount over 15-20 minutes. If you become uncomfortable, take the tablets and water a bit slower.
 - c. Approximately 1 hour after the last tablet is swallowed, fill the provided container a second time with 16 ounces of water (up to top fill line) and drink the entire amount over 30 minutes.
 - d. Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the top fill line) and drink the entire amount over 30 minutes.
4. Six hours before your procedure take 1 Gas-X tablet and begin Dose 2. (If your procedure is at or prior to 9am, you may take the second dose starting at 10pm.) Then repeat steps A-D listed above. **This must be finished 4 hours before your procedure. DO NOT DRINK ANY MORE LIQUID 3 HOURS PRIOR TO YOUR PROCEDURE.**

IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, WE REQUIRE NOTIFICATION NO LATER THAN 48 HOURS BEFORE THE SCHEDULED DATE OF PROCEDURE. CANCELLATION WITHIN 48 HOURS MAY BE SUBJECT TO A NO SHOW FEE.

COLONOSCOPY PREPARATION: MIRALAX AND DULCOLAX

- Patients on blood thinners (Coumadin, Xarelto, Eliquis, Plavix etc.) should stop the medication as instructed. This should also be discussed with the prescribing doctor regarding if and when these can be safely held or transitioned to an alternate agent if needed.

SEVEN DAYS BEFORE COLONOSCOPY:

- STOP NSAIDS, iron supplements, fish oil, Vitamin E
- STOP Aspirin unless otherwise instructed (patients with a history of heart disease should continue Aspirin)

ONE DAY BEFORE COLONOSCOPY: **Purchase 3 pills of Gas-X extra strength TABLETS (avoid soft gels)**

1. You must only be on clear liquids. **No solid foods.** Listed below are examples of clear liquids.

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| • Fruit juices without pulp
(no orange or tomato juice) | • Gatorade | • Soft drinks |
| • Broth or Bouillon | • Jell-O | • Ice Popsicles |
| • Black Coffee or Tea | • Water | • Italian Ice |

NO MILK OR MILK PRODUCTS / NO NUTS OR SEEDS, NO RED OR PURPLE COLORED LIQUIDS

2. Purchase four Dulcolax Laxative Tablets (no prescription needed).
3. Purchase one bottle (238 grams) of Miralax (no prescription needed).
4. Purchase 64 ounces of lemon or iced tea Crystal Light.
5. Purchase 3 pills of Gas-X extra strength.
6. Between 3 p.m. and 5 p.m., take the four Dulcolax tablets.
7. Between 5 p.m. and 7 p.m. (two hours after taking the Dulcolax), take 2 Gas-X tablets. Mix entire bottle of Miralax with 64 ounces of Crystal Light. (You may use water instead of Crystal Light). Drink (1) eight-ounce glass every 10 minutes until half the solution is finished. This may take up to six hours to cause bowels to move, but most often within two hours.
8. Five hours before your procedure, take 1 Gas-X tablet. Drink the remaining half of the solution. This must be finished four hours before your procedure.
9. You may drink clear liquids up to four hours prior to your procedure. **YOU MUST BE DONE DRINKING FOUR HOURS PRIOR TO YOUR PROCEDURE.**

IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, WE REQUIRE NOTIFICATION NO LATER THAN 48 HOURS BEFORE THE SCHEDULED DATE OF PROCEDURE. CANCELLATION WITHIN 48 HOURS MAY BE SUBJECT TO A NO SHOW FEE.