

COLONOSCOPY PREPARATION: SUTAB AND MIRALAX

- 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.

PURCHASE:

- 1L (32oz) of Gatorade (NO RED OR PURPLE)
- 119g of Miralax

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 and 4 Dulcolax tablets**

DO NOT EAT ANY TYPE OF SOLID FOOD. FOLLOW A CLEAR LIQUID DIET ONLY.

1. Begin a clear liquid diet from the moment you wake up.

Clear liquid diet includes:

- | | | |
|--|------------|-----------------|
| • 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. Mix the 119 of Miralax with 1L of Gatorade (not red or purple). Drink that anytime from the moment you wake up until 2pm.
3. Between **3pm and 5pm**. 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.

DAY OF COLONOSCOPY:

4. **Seven hours** prior to the procedure take 1 Gas-X tablet then begin Dose 2 of Sutab.
 - Repeat steps A-D

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.