

<p><u>ONE WEEK BEFORE:</u></p> <p>Call the GI procedure unit at (509) 786-6676 if you take diabetes medication, insulin, or have conditions listed below, as we may need to modify your colonoscopy preparation instructions:</p> <ul style="list-style-type: none"> • Kidney Disease • Diabetes • Artificial Heart Valve <p>Transportation: Due to the sedation administered during your colonoscopy, you may not drive or leave the procedure unit without an escort. Taxi cabs are not legal escorts.</p> <p>Stop taking any supplements that contain oils, such as fish oil, krill oil, etc. for 1 week prior to your colonoscopy.</p> <p>Stop taking iron supplements 1 week prior to your colonoscopy.</p>	<p><u>5 DAYS BEFORE:</u></p> <p>Medications: If you take prescription blood thinners or a platelet inhibitor, such as <i>Coumadin (warfarin), Pradaxa, Xarelto, Eliquis, or Plavix</i>, check with your physician for instructions on stopping these medications.</p> <p>Aspirin prescribed by a physician should not be stopped and should be taken as directed.</p> <p>Hold the medications <i>Bydureon Bcise, Mounjaro, Ozempic, Trulicity, or Wegovy</i> for 7 days prior to your colonoscopy.</p> <p>Hold the medications <i>Byetta, Rybelsus, Saxenda, or Victoza</i> the day of your colonoscopy.</p> <p>Buy Simethicone 125 mg tablets over-the-counter. You will need 4 tablets total.</p> <p><u>3 DAYS BEFORE:</u></p> <p>Diet: Try to avoid eating any seeds, popcorn, or nuts until after your colonoscopy.</p>	<p><u>1 DAY BEFORE:</u></p> <p>Diet: BEGIN A CLEAR LIQUID DIET - NO solid food, milk or milk products, and no juice with a pulp.</p> <p>Acceptable clear liquids:</p> <ul style="list-style-type: none"> • Clear juice (apple, white grape, white cranberry etc.) • Black coffee or tea (no cream) • Broth (no noodles) • Soda (any kind OK) • Sport drinks • Jell-O • Popsicles • Ensure Clear (peach flavor) • Coconut Water <p>AVOID any clear liquids that are RED or PURPLE in color.</p> <p>SUTAB is a 2-day regimen. A total of 24 tablets is required for complete preparation for colonoscopy. You will take the tablets in 2 doses of 12 tablets each.</p> <p>Ignore any instructions provided separately with the SUTAB prep itself or by the pharmacy.</p>	<p><u>1 DAY BEFORE (CONTINUED):</u></p> <ul style="list-style-type: none"> • STEP 1 Between 4-6 pm, take 2 capsules of Simethicone. • STEP 2 Fill the provided container with 16 oz. of water (up to the filling line). Open the first bottle of 12 SUTAB tablets. Take 2 tablets every 10 minutes until you take 12 tablets. Swallow the tablets with a sip of water and drink the entire amount of water over 15 to 20 minutes. • STEP 3 About an hour after taking the last tablet, fill the provided container again with an additional 16 oz. of water (to the filling line) and drink all the water over 30 minutes. • STEP 4 Approximately 30 minutes after you finish drinking the second container of water, fill the provided container with another 16 oz. of water (up to the filling line) and drink all the water over 30 minutes. <p>Drink extra fluids so you don't get dehydrated.</p> <p>Responses to preparation vary. Bowel movements will begin 30 minutes to 6 hours after ingesting the preparation.</p> <p>The preparation can cause side effects such as bloating, cramping, and nausea.</p>	<p><u>DAY OF PROCEDURE:</u></p> <p>Hold Diabetic medication Hold Diuretics such as: <i>Lasix (furosemide) and/or Hydrochlorothiazide (HCTZ).</i></p> <p>5-6 HOURS before leaving home:</p> <ul style="list-style-type: none"> • Take 2 capsules of Simethicone. • Open the second bottle of 12 SUTAB tablets. Repeat STEPS 1-4 ABOVE. <p>IMPORTANT: You must finish taking all SUTAB tablets and the required water for your colon to be entirely cleaned out and allow for a complete and thorough colonoscopy examination.</p> <p>You can continue to drink clear liquids up to 3 hours before the arrival time for your colonoscopy.</p>
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