



COLONOSCOPY PREPARATION

*For the best exam possible, your colon must be clean. Your preparation will begin the day before your procedure.
Please read the instructions carefully before you begin.*

-PENDING CLEARANCE: Hold blood thinners (Plavix, Xarelto, Eliquis, Effient, Coumadin/Warfarin) **THREE TO FIVE DAYS** before the procedure(s).

-Hold Aspirin 325 mg **FIVE DAYS** before the procedure. -Hold iron **FIVE DAYS** before the procedure.

-Hold Vitamins C and E **TWO DAYS** before the procedure.

-Hold anti-inflammatory medication **TWO DAYS** before the procedure. (Tylenol is okay to take.)

If **DIABETIC**, please take half a dose of your Diabetic medication starting from the day before your procedure(s).
If further questions, please refer to your Primary Care Provider

ATTENTION: Please **STOP** following medications **7 days** before procedures:

-OZEMPIC - BYETTA -ADLYXIN -BYDUREON -RYBELSUS

-TRULICITY -VICTOZA -SAXENDA -WEGOVY -ZEPBOUND -MOUNJARO

STARTING ON _____ / _____ / 20_____ ALL DAY

CLEAR LIQUID DIET

CLEAR LIQUIDS INCLUDE:

- Water
- Broth/Bouillon
- Coconut water (**NO PULP**)
- Clear Juices (**NO PULP**) - Apple, **WHITE** Cranberry, **WHITE** Grape
- Coffee (**BLACK** - **NO** creamer, **NO** dairy products)
- Tea (**HOT** or **COLD**) sugar or honey is okay (**NO** dairy products)
- Sports drinks - clear only, **NO** green, purple or red
- Clear carbonated soft drinks - Sprite, 7UP and/or Ginger Ale
- Yellow gelatin (**NO** toppings) - **STOP AFTER 5:00 P.M.**
- You may use menthol lozenges to help tolerate preparation (Halls cough drops - **CLEAR ONLY**)
- ★ **DO NOT** have dark liquids (red, orange, green, blue or purple)
- ★ **DO NOT** consume solid foods, dairy products, and cloudy liquids
- ★ **STOP** all clear liquids after midnight except water

*If you have a dry mouth, you may rinse with water and spit out. **DO NOT** swallow the water. If your stomach is not empty, you may feel nauseated with the sedation and may vomit causing pneumonia.



OC GastroCare

SUTAB is a split-dose (2-day) regimen. A total of 24 tablets is required for complete preparation for colonoscopy. You will take the tablets in two doses of 12 tablets each. **Water must be consumed with each dose of SUTAB, and additional water must be consumed after each dose.**

Dose 1- Evening Prior to Colonoscopy:

- 5 PM on the evening before your colonoscopy, fill the provided container with 16 ounces of water (up to the fill line).
- Swallow 1 SUTAB tablet every 2-3 minutes such that you finish the 12 tablets and the entire 16 ounces of water within 30 minutes.
- Approximately an hour later, fill the provided container again with 16 ounces of water and drink the entire amount over 30 minutes.
- Approximately 30 minutes after finishing the second container of water, again fill the provided container with 16 ounces of water and drink the entire amount over 30 minutes.



Tablets not shown actual size.

Dose 2- Morning of the Colonoscopy:

- 5 hours prior to the colonoscopy procedure, repeat dose 1 instructions now with dose 2 of the SUTAB tablets.
- Fill the provided container with 16 ounces of water (up to the fill line) and swallow 1 SUTAB tablet every 2-3 minutes such that you finish the 12 tablets and the entire 16 ounces of water within 30 minutes.
- Approximately an hour later, fill the provided container again with 16 ounces of water and drink the entire amount over 30 minutes.
- 30 minutes after finishing the second container of water, again fill the provided container with 16 ounces of water and drink the entire amount over 30 minutes.
- **Regardless of when you finish the second dose, make sure to stop drinking any liquid (except for water) within 4 hours of your scheduled colonoscopy time.**



Tablets not shown actual size.