

## Colonoscopy Instructions: Sutab Preparation

Arrival Date and Time: \_\_\_\_\_

Exam Time: \_\_\_\_\_

Exam performed by Dr. \_\_\_\_\_

Please arrive at the Emerson Hospital main entrance and go directly to the **Gastrointestinal Treatment Center on the third floor.**

This guide covers how you need to prepare so we can get the best exam of your colon. Please complete all of the steps in this guide so you can have your colonoscopy on the scheduled day.

### **Please read all instructions at least 2 weeks before your exam**

- If you have questions, please call **978-287-3835** Monday through Friday 8am to 4:30pm.
- If you need medical help now, call **911** or go to the nearest **Emergency Room**.

*\*Please call us if you have any health changes- especially any respiratory infections, congestion, coughs or fevers within 48 hours of your scheduled procedure*

### **Why Proper Colon Cleaning Is Needed**

Food and liquids can stay in your body for a long time. If there is food still in your system when you get your colonoscopy, the food can get in the way of seeing any problems that may exist, like tumors.

***The doctor will get the best pictures of your colon when it is completely empty.***

The doctor will be able to tell right away if your colon is empty. If your colon is not completely empty, you will not be able to complete the exam. You will need to reschedule the exam and go through the preparation steps again

## Before You Arrive for Your Colonoscopy

### Transportation

- You must make prior arrangements for someone to drive you home if you are receiving any type of anesthesia. This person must be with you at check-in (or reachable by phone). If your driver wishes, we can either give them a call or an approximate time to pick you up if they do not wish to stay. If you take a taxi or a bus, you must have a responsible adult to accompany you home. If you do not have a ride, your procedure will be cancelled.

### When Your Colonoscopy is Completed

- In most cases, you will spend 2 to 3 hours in the Endoscopy Unit from the time you arrive. We try to start your exam on time, but medical care can result in unavoidable delays.
- You cannot drive or drink alcohol for 12 hours after your procedure.

### Medications

- Continue to take your regular maintenance medications, including aspirin
- If you have diabetes, ask your doctor about how to take your insulin and other diabetes medications
- If you take blood thinners (Coumadin, Plavix, Pradaxa, Lovenox, etc), ask your doctor if you can stop these medications before your colonoscopy. Please call us at 978-287-3835 if your doctor has recommended you **not** stop this for your colonoscopy
- Do not take nonsteroidal anti-inflammatory medications (such as Ibuprofen/Advil/ Motrin, Voltaren/diclofenac, Aleve/naproxen, Mobic/meloxicam), fish oil and iron supplements for 7 days prior to your procedure. **If you are taking Qsymia discontinue this 3 weeks prior.**

### Insurance Coverage

Check your insurance benefits. Questions to ask your insurance company:

- What is my coverage for a “screening colonoscopy” with anesthesia administered by an anesthesiologist and with potential pathology? *Defined as a patient having no current GI symptoms; over the age of 50; no personal or family history of GI colon polyps and/or cancer*
- What is my coverage for a Surveillance/High Risk Screening colonoscopy with anesthesia administered by an anesthesiologist and potential pathology? *Defined as patient having no GI symptoms; has a personal history of GI colon polyps and/or cancer or family history of GI polyps and/or colon cancer.*
- What is my coverage if I have a Screening/Surveillance colonoscopy and polyps are found and removed? *Ask if you are now subject to a deductible or have an out of pocket expense to include pathology.*
- What is my coverage/out of pocket expense for a Diagnostic colonoscopy with anesthesia administered by an anesthesiologist? *Defined as a medical reason for having a colonoscopy; i.e. rectal bleeding, constipation, change in bowel habits, or other symptoms.*
- If you are having an EGD, Colonoscopy or Flex Sigmoidoscopy, please verify any possible out of pocket expense for anesthesia administered by an anesthesiologist and/or pathology?

## Colonoscopy Shopping List

### What to Buy At the Grocery Store

For clear liquids (examples below):



**1 box Chicken Bouillon/broth**  
(No noodles or solids in the broth)



**1 box "Jell-o"/gelatin**  
(No flavors with red coloring)



**1 bottle Ginger Ale or Clear Juice**  
(Any brand)

### What to Buy At the Pharmacy

Medications you will need:



**Sutab**  
(You can pick this up at your pharmacy. We will send in a prescription for this 1 week prior to your colonoscopy.)



**1 box of Gas-X or generic simethicone pills**



**1 saline Fleet enema or generic saline enema**

## Colonoscopy Sutab Preparation Instructions

### Three Days Before Your Exam

- Eat a low fiber diet: avoid nuts, seeds, corn and raw (uncooked) fruits and vegetables.

### Day Before Your Exam

- No solid food for the entire day
- You can only have clear liquids, such as Jell-o, popsicles, broth, tea, black coffee and juice
- You cannot eat solid food until AFTER your exam



### Day before exam at 5 PM

STEP 1: Open 1st Sutab bottle of 12 tablets

STEP 2: Fill provided container with 16-ounces of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes.



STEP 3: Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16-ounces of water (up to the fill line) and drink the entire amount over 30 minutes.



STEP 4: Approximately 30 minutes after finishing the 2<sup>nd</sup> cup of water, fill the provided container again with 16-ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

- This will cause you to have loose stools.
- If you experience nausea, bloating or cramping, pause and slow the rate of drinking the additional water until symptoms diminish

### 6 hours before your exam

1. Take 1 Gas-X (or generic brand simethicone) pill
2. Open 2<sup>nd</sup> Sutab bottle of 12 tablets
3. Repeat STEPS 1 to 4 as above

**Do not eat or drink anything including water or any other fluids for 3 hours before your exam**



### 3 hours Before Your Exam

1. **Look at your stool.** If your stool is still not clear or yellow (the color of urine), then use 1 saline fleet enema following the instructions on the box
2. **Take your regular medications** unless instructed otherwise by a doctor with a small sip of water

