



Colonoscopy Preparation Instructions

Instructions: *Sutab Preparation*

(IMPORTANT: You must arrive 30 minutes prior to your appointment and **arrange for a friend or relative to drive you to and from your procedure.)**

Phone: (847) 500-9380
Location: **Alliance Gastroenterology Group**
1795 N Butterfield Rd, Suite 201
Libertyville, IL 60048

You have been scheduled for a colonoscopy. A colonoscopy is an examination of the colon (large bowel) with a lighted flexible tube called a colonoscope. Your compliance with our cleansing instructions is essential for an accurate examination of your colon.

Colonoscopy Preparation with SUTAB:

Please purchase these items before your procedure:

- 2 Dulcolax 5mg Tablets (Laxatives only)**
- 1 SUTAB Preparation Kit (By prescription from pharmacy)**
- Flushable wipes and diaper rash cream if needed**

(DO NOT FOLLOW THE INSTRUCTIONS ON THE BOX! PLEASE FOLLOW THESE INSTRUCTIONS!)

Read these instructions carefully at least one week prior to your exam. For more information about the benefits and risks of colonoscopy, please refer to the information pamphlet given to you, or call our office for additional information.

If you are on an injectable medication for weight loss or diabetes such as Ozempic, Wegovy, Mounjaro, or Zepbound, or a generic form of any of these you must stop this medication at least 7 days prior to your procedure.

Avoid eating nuts, seeds, popcorn, grapes, green peas, beans and tomatoes three days before the procedure.

Please Contact your PCP/Cardiologist for cardiac clearance if any of the following relate to your current health:

- You are currently being treated for a cardiac condition.
- You have a **cardiac stent, pacemaker or heart failure** and are taking a prescription medication for it.
- If you are currently taking any “blood thinners”; such as Plavix, Coumadin, Eliquis, etc. to receive instructions.
- You have a pacemaker or defibrillator, please let our office know immediately.



Prescription Medication

With the exception of blood thinners and diabetes medications, on the day of your procedure, take your prescribed medications with **ONLY** a sip of water.

Diabetic Patients

-If you are taking an oral diabetic medication, **do not take** it on the day of your procedure.

-If you are taking injectable diabetic medication, including insulin, please take 1/2 of your prescribed dose the day before your procedure. Do NOT take them the day of your procedure. Call our office if you have any questions about your medicine during your preparation period.

General Information

-Please arrive **30 mins** before your scheduled appointment. You will need a driver who we recommend staying at the facility for the duration. We respect your time and strive to discharge you within 1 ½ hours of your arrival.

-After the procedure, do not drive, operate machines or make important decisions until the following day.

-Biopsy results will be available the following week. Our office will contact you with the results unless communicated otherwise.

Two Days before your procedure:

Take 2 Dulcolax tablets at bedtime.

Day before the procedure:

Start drinking clear liquids in the morning and continue throughout the day. Clear liquids include black coffee/tea (WITH NO MILK). Soda, Gatorade, Propel, water, clear juices (apple juice, white grape, white cranberry), clear broth, popsicles and jello (NO RED, BLUE OR PURPLE).

Do not eat any solid food while on this diet. Do not drink alcohol. No dairy products. Deviating from this diet may prevent adequate preparation for the colon exam.

- **Take Dose 1 at 1 PM:** Open 1 bottle of **12 tablets**. Fill the 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**.
- **1 hour after** the last tablet is ingested, fill the provided container again with **16 ounces of any clear liquid** (up to the fill line), and drink the entire amount over 30 minutes.
- **30 minutes after** finishing the second container of clear liquid, fill the provided container with **16 ounces of any clear liquid** (up to the fill line), and drink the entire amount over 30 minutes.
- **Two hours later drink another 16 ounces of any clear liquid!**

- **Take Dose 2 at 8 PM:** Open 1 bottle of **12 tablets**. Fill the 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**.
- **1 hour after** the last tablet is ingested, fill the provided container again with **16 ounces of any clear liquid** (up to the fill line), and drink the entire amount over 30 minutes.
- **30 minutes after** finishing the second container of clear liquid, fill the provided container with **16 ounces of any clear liquid** (up to the fill line), and drink the entire amount over 30 minutes.
- **Two hours later drink another 16 ounces of any clear liquid!**

ABSOLUTELY NOTHING BY MOUTH AFTER 2:30 AM