

COLONOSCOPY INSTRUCTIONS

PT: _____

Procedure date: _____ Morning Procedure time- 0630-1130am

Afternoon procedure Time 12:00pm on

The Nursing Staff will call you 1-2 days prior to your procedure to give you an exact your arrival time.

Location:

United Surgery Center Murrieta, 25150 Hancock Ave., Ste. 208, Murrieta, CA 92562, (951)698-8805

United Surgery Center Temecula, 31469 Rancho Pueblo Rd, #100, Temecula, CA 92592, (951)303-6890

United Surgery Center Orange 1140 W. La Veta Ave Suite 550 Orange CA 92868 (714)835-3636

United Surgery Center Irvine 15825 Laguna Canyon Rd Ste 100 Irvine CA (949)679-6700

United Surgery Center Brockton 6858 Brockton Ave Ste 100 Riverside CA (951) 788-4400

United Surgery Center-Mission Viejo 23732 Crown Valley Parkway Ste 241 Mission Viejo CA
(949)364-2611

United Surgery Center Encinitas 477 N. El Camino Real Suite A210 Encinitas CA 92024 (760)334-8805

PROCEDURE PREPARATION:

- 5-7 days prior to the procedure: Pick up your prep prescription at the pharmacy.
- **Arrange a responsible adult driver. (Uber/Lyft, Bus, Taxis are not allowed).** Plan to be at the facility for approximately 2-2.5 hours from the check-in time.
- Please inform the staff if you are taking any blood thinning medication, including *Aspirin, fish oil, Coumadin/Warfarin, Plavix/Clopidogrel, Eliquis, Pradaxa, Xarelto, Brilinta* as these need to be held 5-7 days in advance. **STOP Phentermine at least 2 weeks prior to exam.**
- Avoid seeds, nuts, fiber and iron supplements 3-4 days prior to the exam
- You will be on a **CLEAR LIQUID DIET THE ENTIRE DAY BEFORE THE PROCEDURE** (see attached) and will be required to drink a 2-part laxative prep (1 dose in the evening, 1 dose the morning of the exam)
- You may consume clear liquid items while doing the prep doses but all items must be completed **3 HOURS** prior to your arrival time. *Do not consume anything by mouth for 3 hours prior to the exam.*
- Essential prescribed medications (blood pressure, thyroid) may be taken as scheduled on the day of the procedure with exception to blood thinners and diabetic medications.

POST PROCEDURE:

- You will be given endoscopic results and discharge instructions in recovery
- Details of your procedure and pathology results will be discussed at your follow up office visit (2 weeks following the exam)
- Plan to rest at home the day of your procedure, normal activities may be resumed the following day. Refrain from driving on the day of your procedure.
- Hydrate well and avoid heavy exercise for 2-3 days.
- You will receive a call from the surgery center the day after your procedure to follow up with you and answer any additional questions that you may have.

IMPORTANT POINTS

- Drink plenty of fluids the day prior to your procedure. This will keep you well hydrated and your bowel preparation will be more successful.
- Nausea and cramping can occur while consuming the preparation, if necessary you may drink the preparation slowly, taking short breaks until this subsides.
- Should you have any questions please call the surgery center at 951-698-8805
- Please refer to our website (www.UnitedGI.com) for valuable information and frequently asked question.

CLEAR LIQUID DIET EXAMPLE

The day before your colonoscopy you MUST remain on a clear liquid diet.

Acceptable Items:

- Water (tap or carbonated)
- Coffee with sugar or honey (no creamer)
- Tea (no milk or chai)
- Clear Soda (7Up, Sprite)
- Gatorade/Powerade (No Red or Purple)
- Crystal light or powdered drinks
- Pulp-free juice (apple, white grape)
- Clear Hard Candy
- Jell-O (no red or purple, no fruit)
- Clear Broth (chicken, beef or vegetable)
- Popsicles

Please DO NOT consume solid food, items that are red or purple in color, juice with pulp, smoothies, milk products, or alcohol. If in doubt about something not on this list, avoid it!

INSTRUCTIONS FOR BOWEL PREPS

O SUPREP .

- *Day before your procedure:* at 6pm pour one 6oz bottle of Suprep liquid into mixing container. Add cool water to the 16oz water line and mix. Drink all the liquid in the container over 1 hour. Use the provided container to drink 2 additional 16oz glasses (32oz total) of water over the next hour.

- *Morning of your procedure:* 5 hours before your arrival time, complete the same steps as the night before, consuming 16oz prep over 1 hour followed by 32oz of water over 1 hour. You must finish the prep and water at least 3 hours prior to your arrival time. **Do not consume anything by mouth for 3 hours prior to the procedure.**

O PLENVU .

- *Day before your procedure:* at 6pm mix the Dose 1 packet into the water. Drink the 16oz mixed solution over 30 minutes followed by at least 16oz of water 500ml of clear liquids over another 30 minutes.

- *Morning of your procedure:* 4-5 hours before your arrival time, repeat the same steps as the night before with Dose 2. You must finish the prep and water at least 3 hours prior to your arrival time. **Do not consume anything by mouth for 3 hours prior to the procedure.**

O MOVIPREP .

- *Day before your procedure:* at 6pm empty one pouch A and one pouch B into container. Add water to the top line and mix. Drink all the liquid in the container over 1-2 hours and follow it with 16oz of clear liquid of your choice.

- *Morning of your procedure:* approximately 4 hours before your arrival time, complete the same steps as the night before, finishing all the prep at least 3 hours prior to your arrival time. DO NOT consume any further liquids after this time. **Do not consume anything by mouth for 3 hours prior to the procedure.**

O CLENPIQ .

- *Day before your procedure:* at 6pm drink one bottle of prep followed by FIVE 8oz glasses of water.

- *Morning of your procedure:* approximately 5 hours before your arrival time, drink the second bottle of prep, followed by at least three 8oz glasses of water. You must finish the prep and water 3 hours prior to your arrival time. **DO NOT consume any anything by mouth for 3 hours prior to the procedure.**

O TRILYTE/GOLYTELY/4L-PEG .

- *Day before your procedure:* prepare the bowel prep solution by adding tap water to the fill line on the container. Shake well to mix and place in refrigerator to chill. At approximately 6pm drink 8oz of prep every 15min until 2/3 of the container are completed. This will take 2-3 hours. Put the remaining prep back in the refrigerator. If you become nauseated during the process, drink the prep slower.

- *Morning of your procedure:* 4-5 hours before your arrival time, drink the remaining 1/3 of the prep over 1-2 hours. This must be completed at least 3 hours prior to your arrival time. **Do not consume anything by mouth for 3 hours prior to the procedure.**

O Magnesium Citrate (**only if instructed, available over the counter):

-Consume 1 bottle over 1 hour at _____ in addition to the standard prescribed prep. You may mix this with 7Up or Sprite or drink over ice.

9/7/22, 4:14 PM

Printed on 9/7/2022

Your procedure will be performed by Doctor: _____
 Address: _____
 Date of procedure: _____ Arrive at: _____ AM/PM
 Comments: _____

SUTAB[®]
 (sodium sulfate, magnesium sulfate, and potassium chloride)
 Tablets
 1.471 g (32.75 gM, 188 g)



On the Day Before Your Procedure

What You CAN Do

What You CANNOT Do

SEE ATTACHED
 INSTRUCTIONS

Liquids That Are OK to Drink

Note

- SUTAB is an osmotic laxative indicated for cleansing of the colon in preparation for colonoscopy in adults.
- Be sure to tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. SUTAB may affect how other medicines work.
- Medication taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of SUTAB.
- The most common adverse reactions after administration of SUTAB were nausea, abdominal distension, vomiting, and upper abdominal pain.
- Contact your healthcare provider if you develop significant vomiting or signs of dehydration after taking SUTAB or if you experience cardiac arrhythmias or seizures.
- If you have any questions about taking SUTAB, call your doctor.

To learn more about this product, call 1-800-874-6756.

The Dosing Regimen

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—On the Day Prior to Colonoscopy

Take the tablets with water

1. Start your prep at 3:00pm
 The day before your procedure.



IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.

Drink additional water

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 second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

DOSE 2—Day of the Colonoscopy

2. Start 5 hours prior to your arrival time
 Complete within a 1 hour period.



IMPORTANT: You must complete all SUTAB tablets and required water at least 2 hours before colonoscopy.

Please read the full Prescribing Information and Medication Guide in the kit.

Provided as an educational service from **BrainTree**

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