

METRO ATLANTA GASTROENEROLOGY AND ENDOSCOPY
Office: 404-255-4333 Endo Center: 404-255-4346

SUTAB Split Dose Colonoscopy Preparation Protocol

Two days/or sooner before colonoscopy:

-Purchase the prescribed laxative at a pharmacy.

NOTE: Please do not follow the instructions on the prep kit box EXCEPT for how to mix and dose the prep. The remainder of the instructions are as below. Please make sure to finish the entire prep, and take as directed to ensure that it is effective and works properly.

Seven (7) days prior to your procedure:

-Avoid seeds, nuts, whole-grain breads, and popcorn

Medications – Unless otherwise discussed with your doctor:

Make sure to refresh your memory about how your doctor recommended you take your medications, especially if you are on blood thinners or anti-platelet drugs. Call us with ANY questions.

- Do not take oral medications within 1 hour prior to start of each dose of SUTAB, as it can decrease the effectiveness of the medications (take tetracycline or fluoroquinolone antibiotics, iron, digoxin, chlorpromazine or penicillamine at least 2 hours before or 6 hours after SUTAB)

-Avoid NSAIDS (Aspirin, Motrin, Advil, Aleve, Ibuprofen, Naproxen, Celebrex, Diclofenac, etc), Vitamin E, and fish oil 5-7 days before procedure. It is OK to take Acetaminophen.

- STOP Aspirin, Plavix, or other anti-platelet therapy 5-7 days prior to your procedure unless otherwise directed by your physician.

- Stop Coumadin, and other blood thinners as directed
Specific medication adjustments:

On the day before your colonoscopy:

-OK to have a low fiber breakfast, do not eat after **10 AM**. Examples: Low Fat Yogurt with no Fruit, Hard Boiled or scrambled Eggs, bagel, English muffin

-No solid food after 10 AM.

-Continue to drink plenty of clear liquids between **up to 4 hours** prior to your colonoscopy if your procedure is at Emory Saint Joseph's Hospital, and **2 hours** before your procedure if done at Metro Atlanta Endoscopy

-Clear liquids include: white grape or apple juice, Ginger Ale, clear sodas, tea, coffee, broth, Gatorade (preferred over other electrolyte containing drinks), Jello, Ice pops, water...

How to take the bowel preparation:

Dose 1 – On the day before your colonoscopy:

-STEP 1: On the day prior to your procedure, 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 15-20 minutes.

- STEP 2: Approximately 1 hour after ingesting the last tablet, fill the provided container again with 16 ounces of water (up to the fill line), and drink over 30 minutes

- STEP 3: Approximately 30 minutes after finishing the second container of water, repeat STEP 2.

Dose 2- On the day of your colonoscopy:

-The morning of the colonoscopy, starting 5-8 hours before your procedure, and no sooner than 4 hours from starting the Dose 1, open the second bottle of 12 tablets.

- Repeat STEPS 1-3. ***YOU MUST COMPLETE the above prep, and take in **Nothing by mouth** at least **4 hours** prior to your colonoscopy if your procedure is at Emory Saint Joseph's Hospital, and **2 hours** before your colonoscopy if procedure to be done at Metro Atlanta Endoscopy.

- NOTE: Individual responses to laxatives may vary. This may cause multiple bowel movements within 30 minutes or take several hours

Your procedure is scheduled at:

_____ Metro Atlanta Endoscopy, 5669 Peachtree Dunwoody Road, Suite 210

_____ Emory Saint Joseph's Hospital, GIDU, 3rd floor (you will need to go to admissions first)

Procedure Date and Time: _____

***ARRIVAL TIME: _____