

# Tips for a Good Colonoscopy Preparation-Sutab Afternoon Appointment

- Make sure you receive your colonoscopy prep and the appropriate instructions well before your procedure date, and read them completely as soon as you get them. It may be helpful to have a bottle of Miralax or Magnesium Citrate on hand in case needed to assist your bowel prep medication and prevent additional trips to the store once starting the prep process.
- Arrange for the time and privacy you need to complete the prep with as little stress as possible. Clear your schedule, and be at home on time to start your prep. If you have children or aging parents who need your attention, have someone else be available to them while you're indisposed.
- Water can get boring, so keep a variety of clear liquids on hand. On the day before your colonoscopy (when you're restricted to clear liquids) you can have popsicles, Jell-o, clear broth, coffee or tea (without milk or creamer), soft drinks, Italian ice or Gatorade. But take nothing with red, blue or purple dye. Drink extra liquids before and during your bowel prep, as well as after your colonoscopy. Hydration is important but you'll need to stop all liquids (including water) 4 hours prior to your exam time.
- Wear loose clothing and stay near the bathroom. Better yet, once the preparation starts to work, stay **IN** the bathroom (because when the urge hits, it's hard to hold back). Since you will be completely cleansing your bowel consider using baby wipes or a moisture barrier cream (similar to Aquafor) for comfort.
- The clear liquid diet and preparation are not a pleasant way to spend a day but your exam is only as good as your preparation. You should expect your output to move from solid to dark liquid to clear or clear yellow liquid by the end of your preparation process. Please make a note of the progress as you will be asked about your prep quality in pre-op. A poor preparation may result in missed lesions and could result in you having to repeat your procedure much sooner than would otherwise be needed. A good preparation will maximize our ability to locate and remove any pre-malignant lesion and will ensure that we give you the longest possible interval before needing to repeat your exam!

# COLONOSCOPY TIMELINE

## Afternoon Appointment

5-7  
DAYS  
PRIOR

-Stop fiber supplements and medications containing iron.  
-If you are diabetic, contact your primary care physician for instruction on how to manage your medication during this time.

3  
DAYS  
PRIOR

-Stop eating all high fiber foods: no raw fruits or vegetables, whole grain bread or multi-grain foods, nuts, popcorn, seeds, bran and bulking agents.

1 DAY  
PRIOR

-You may have a light, low fiber breakfast (ex. toast and eggs) by 10am.  
-**Drink only clear (as in transparent) liquids after 10am.** NO solids or cloudy liquids (milk, OJ, coffee with creamer).  
-Start your 1st dose of prep this evening and 2<sup>nd</sup> dose in the morning of your exam as directed.

4 HRS  
PRIOR

-STOP drinking all liquids. TAKE NOTHING more by mouth until after your exam. This includes avoiding gum, candy, tobacco, coffee, and water. ANY ORAL INTAKE could delay or cancel your procedure.  
EXCEPTIONS: Take critical morning meds with just a sip of water. See examples (medications for your heart, blood pressure or seizures).

1 HR  
PRIOR

-Arrive at Lone Star Endoscopy with your picture ID and insurance card.  
-Please have a friend or family member already arranged to take you home. No Uber or taxi.

# SUTAB PREPARATION INSTRUCTIONS FOR COLONOSCOPY

## Afternoon Appointment

### GENERAL INSTRUCTIONS:

- Expect to receive text invitations from Casetabs and Simple Admit 2 weeks prior to your appointment (or at time of scheduling). We use Casetabs to communicate key instructions and Simple Admit to update your health history and assist anesthesia in preparation for your visit. Please opt in for both Casetabs and Simple Admit to prevent receiving multiple phone calls from us.
- Expect a text or a phone call from our business office in the days prior to your appointment to review insurance information.
- Follow THESE instructions carefully, NOT the ones inside the prep box.
- Follow instructions given to you about any changes to your daily medications.
- Pay close attention to the diet and medication instructions noted below. You may be making medication or diet changes up to 7 DAYS prior to your procedure.
- You should NOT have ANYTHING to EAT or DRINK after midnight the night before your procedure except your bowel prep, and no liquids at all for FOUR HOURS prior to your exam. Including gum, mints and ice chips.
- **If you do not follow these directions your colonoscopy may be canceled.**

### INSURANCE NOTIFICATION:

- If precertification is required, it will be obtained by our Central Billing Office. Contact your insurance company prior to the procedure to make sure this has been done.
- If you have changed insurance since the last time you have been seen, you must notify us of this change.
- There will be a facility and anesthesia charge in addition to the physician's fee.
- **Please bring your insurance card and driver's license to the procedure.**

### 5-7 DAYS BEFORE THE EXAM:

- You will likely have to stop BLOOD THINNERS prior to your exam. Your doctor will tell you how long you will need to be off the blood thinners before and after the exam. Do NOT stop your aspirin unless otherwise instructed.
- Discontinue fiber supplements and any medications containing iron (Metamucil, Citrucel, multivitamins with iron, etc.).
- IF YOU ARE DIABETIC, contact your primary care physician for instructions on how to take your medications on the day of the preparation and the procedure day.

### 3 DAYS BEFORE THE EXAM:

- Stop eating all high fiber foods: No raw fruits or vegetable, whole grain wheat or multi-grain foods, nuts, popcorn, seeds, bran, bulking agents.

For insurance questions please contact our Lone Star Insurance team at 817-402-7700

Prep Questions? Call the Lone Star facility or your physician's office

Southlake (817)424-1525

Alliance (817)741-4347

Flower Mound (972)691-3777

See back →

## THE DAY BEFORE THE EXAM:

- You may have a light breakfast (ex, toast and eggs) before 10am then only clear liquids.
- **Drink ONLY CLEAR LIQUIDS** (as in transparent) after 10am. - **NO solids, or cloudy liquids** (ex, milk, OJ or coffee with creamer).
- Do not just drink the liquids recommended around the time of the actual preparation. Start drinking liquids in the morning, and drink all day. The more you drink all day, the better the prep will be.
- CLEAR LIQUIDS are: Strained fruit juices without pulp (apple, lemonade, white grape)  
Water, Gatorade, popsicles, snow cones, carbonated soft drinks, Jell-O, Clear broth and bouillon  
Coffee or tea WITHOUT creamer/milk.
- AVOID BLUE, RED and PURPLE LIQUIDS
- NO alcohol on the day before or the day of the procedure.

*Ondansetron (Zofran) prescription-If your bowel prep kit also came with an RX for Zofran please take 1-2 pills by mouth 30mins-1hrs before or after each bowel prep dose as needed to prevent nausea.*

### **Please start the first dose of Sutab at 6:00pm**

1. Open 1 bottle containing 12 tablets. Fill the provided plastic cup 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 (16 ounces) over 15-20 minutes.
2. Over the next 1 ½ hours, drink an additional 32 ounces of water to your comfort level.
3. In total, you should drink 48 ounces of water over a 2 hours period (16 ounces while taking the tablet and an additional 32 ounces of water).
4. You may continue drinking clear liquids up until midnight. After midnight, only the water needed in your second dose of prep may be consumed.

**\*\*If no BM 2 hours after the first dose (of ANY bowel prep), then take 1-2 doses of Miralax in 8oz of water or drink 1 bottle of magnesium citrate\*\***

### **Please take your second dose of Sutab 5 hours prior to ARRIVAL TIME**

1. Repeat the steps above, using your 2<sup>nd</sup> bottle of Sutab tablets.
2. You must complete your prep (including the tablets and additional 3-16 oz. waters) 4 hours prior to your EXAM TIME.
3. **Nothing more by mouth within 4 hours of your exam time. This includes chewing gum, hard candy and chewing tobacco. Doing any of these will delay and possibly cancel your procedure.**

## DAY OF EXAM:

- If you are on heart or blood pressure medications, take them with a sip of water 2 hours or more before the exam. Other medications may be taken as directed by doctor or pre-op nurse.
- Otherwise, **NOTHING BY MOUTH**, within 4 hours of the exam. The second dose of prep should be finished 4 hours **prior** to arrival.
- You will be in recovery for 30-45 minutes after the exam. Average total time at the facility is around 2 hours.
- You will need a friend or family member to drive you home. You should **NOT** drive, work, exercise, or drink alcohol for the rest of the day after your exam.

PLEASE CALL TDDC OFFICE DIRECTLY IF YOU ARE UNABLE TO COMPLETE YOUR PREP OR FEEL THAT YOU ARE NOT CLEAR AFTER COMPLETING THE PREP.

**Texas Digestive Disease Consultants-24 HOURS CALL**

**Southlake (817)424-1525**

**Alliance (817)741-4347**

**Flower Mound (972)691-3777**