

Colon and Digestive Health Specialist, LLC

Phone: 770-922-7000; Fax: 770-809-3667

Sutab Colonoscopy Prep Instructions

Name _____ Procedure: Colonoscopy

Appointment Date: _____ Time: _____

Please report to 1805 Honey Creek Commons, Conyers, GA 30013.

You will need a ride TO and FROM the Endoscopy Center. Driver must be 18 years of age or older and must be able to stay the entire duration of the procedure.

You will need to purchase: 4 tablets of Bisacodyl (5 mg each)- Brand name: Dulcolax 5 mg

2 days BEFORE the procedure:

- No SOLID foods, drink ONLY clear liquids for all of your meals.
- Clear liquids allowed are water, bouillon, chicken broth, black coffee, Gatorade, Jell-O, Kool Aid, strained (pulp-free) fruit juices (NO SMOOTHIES) and clear carbonated drinks.
- For list above: No red or purple dye and no dairy products

At 3:00 PM the day BEFORE:

- Step 1: Take 2 Dulcolax 5mg tablets.
- Step 2: Open 1 bottle of 12 tablets. Fill the provided container with 16 oz of water (up to the fill line). Swallow 1 tablet every 1-2 minutes. You should finish the 12 tablets and entire 16 oz of water within 20 minutes.
- Step 3: Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 oz of water 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 oz of water and drink the entire amount over 30 minutes.

****DO NOT DRINK OR EAT ANYTHING OTHER THAN PREP SOLUTION AFTER MIDNIGHT****

On the MORNING OF the procedure:

5 hours before your arrival time, repeat steps 1-5 above. You will start at _____. You must complete this by _____ (4 hours before your arrival time).

Medication Restrictions:

- No blood thinners like Coumadin, Warfarin, Aspirin or Ibuprofen for 3 days prior to procedure, unless told to continue.
- No Phentermine for 2 weeks prior to procedure.
- Please continue to take any Beta Blockers & blood pressure medicines with small sip of water 2 hours prior to procedure time.
- Diabetics: Take ½ of usual dose of insulin day before procedure and NONE on the morning of procedure. Do not take any oral diabetic medication the day before appointment or the morning of. Check sugar every 6 hours-if less than 75 drink a glass of apple juice, if more than 250 please call our office.

** If there is any nausea, vomiting, shortness of breath, chest pain, severe headache, or excessive sweating please stop taking the prep and call the office. **