

SuTAB Prep for Colonoscopy BEFORE or AFTER noon

IMPORTANT: Please read prior to your procedure.

1. You must have someone available to drive you home after your procedure as you will be sedated. You will not be allowed to drive for 24 hrs after sedation. Please note, public transportation is not allowed.
2. Five days prior to your procedure avoid the following foods: Seeds, Nuts, Popcorn, Peanuts, Corn, Peas, Apples, Raspberries, Strawberries, Cucumbers, and Tomatoes.
3. You will not be eating solid foods on the day before your procedure. You will be on a clear liquid diet the day before your procedure.

Examples of clear liquid diet include:

- Water
 - Clear Soda
 - Chicken/Vegetable/Beef Broth
 - Jell-O (nothing red or purple)
 - Popsicles (nothing red or purple)
 - Black Coffee or Tea (no Milk or cream)
 - Apple juice or White Grape juice
 - Crystal Light (nothing red or purple)
 - Gatorade (nothing red or purple)
4. It is important you complete the bowel preparation as directed. If the prep is not completed, you risk cancelling the colonoscopy and repeating again at a later date.
 5. You must drink plenty of fluids the day prior to your colonoscopy. This will ensure you are staying hydrated and will also help cleanse the colon.
 6. Blood thinners such as Asprin, Warfarin, Eliquis, Xarelto, Pradaxa and Plavix will need to be stopped 5 days prior to your colonoscopy. Please contact the prescribing doctor to let them know you will be off your medication. You will resume your blood thinner the day after your colonoscopy. Also avoid Aleve, Ibuprofen, Naproxen and Meloxicam five days prior to your procedure. Tylenol is OK.

BENRUS SURGICAL

AT BARNES-JEWISH ST. PETERS

IF YOUR COLONOSCOPY IS BEFORE NOON PLEASE FOLLOW THESE INSTRUCTIONS:

Step 1:

- 5pm: Open 1 bottle of the SuTAB tablets. Fill the provided container with 16oz of water, up to the fill line. Swallow each tablet with a sip of water. Finish the 16oz within 15 minutes.
- 6:15pm: Fill the provided container with 16 oz of water, up to the fill line. Complete within 30min.
- 6:45pm: Fill the provided container with 16oz of water, up to the fill line. Complete within 30min.
- You may continue with clear liquids.

Step 2:

- 10pm: Open the second bottle of the SuTab tablets. Fill the provided container with 16oz of water, up to the fill line. Swallow each tablet with a sip of water. Finish the 16oz within 15 minutes.
- 11:15pm: Fill the provided container with 16oz of water, up to the fill line. Complete within 30min.
- 11:45pm: Fill the provided container with 16oz of water, up to the fill line. Complete within 30min.

IF YOUR COLONOSCOPY IS AFTER NOON: PLEASE FOLLOW THESE INSTRUCTIONS:

Step 1:

- 8pm: Open 1 bottle of the SuTAB tablets. Fill the provided container with 16oz of water, up to the fill line. Swallow each tablet with a sip of water. Finish the 16oz within 15 minutes.
- 9:15pm: Fill the provided container with 16 oz of water, up to the fill line. Complete within 30min.
- 9:45pm: Fill the provided container with 16oz of water, up to the fill line. Complete within 30min.
- You may continue with clear liquids.

Step 2: DAY OF COLONOSCOPY

- 5am: Open the second bottle of the SuTab tablets. Fill the provided container with 16oz of water, up to the fill line. Swallow each tablet with a sip of water. Finish the 16oz within 15 minutes.
- 6:15am: Fill the provided container with 16oz of water, up to the fill line. Complete within 30min.
- 6:45am: Fill the provided container with 16oz of water, up to the fill line. Complete within 30min.

You may continue with clear liquids up to 20oz until 3 HRS Prior to your arrival time

Scheduled Colonoscopy Date/Time: _____ Nothing by mouth starting at: _____

**Plan to arrive 1 hour prior to scheduled colonoscopy procedure time for registration and nursing preparations.

Kenneth A. Hacker, MD, FACS • Laurel A. Yeager, MD, FACS • Jennifer L. Etting, MD, FACS • Jerad P. Miller, MD, FACS, FASCRS • Kurt A. Piening, Jr., MD, FACS • Melissa M. Franke, FNP-C

70 Jungermann Circle, Suite 405 • St. Peters, MO 63376

636.916.7100 main • 636.474.0606 exchange • 636.916.7110 fax • www.benrussurgical.com • www.bjsph.org/Benrus