



## EGD/Colonoscopy Instructions

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Procedure: EGD / Colonoscopy Colonoscopy

Procedure Date: \_\_\_\_\_

You will need someone to drive you to and from the procedure due to the general anesthesia you will be given during the procedure.

Endoscopy will call one day prior to your procedure to confirm the time and date.

Pre-Assessment Call Date: \_\_\_\_\_ Time: \_\_\_\_\_

A nurse from WMMC will call you prior to your scheduled procedure to review your health history and current daily medications. If you are unable to be home during this pre-assessment call, you will need to call and reschedule WMMC at 660-747-2500, extension 7370.

If you are scheduled for a *Colonoscopy with or without* an EGD:

- Su-Tab script will be shipped to you by GiftHealth Pharmacy, Columbus Ohio ph: (833) 614-4438. GiftHealth will contact you to confirm shipping address and payment.
- Review the Su-Tab instruction sheet on the reverse side.
- Prep for Colonoscopy:  
ONLY drink clear liquids and begin your prep the day before your scope – do not ingest any food.

Examples of clear liquids you can have are:

- Coffee (No Cream/No Milk) Tea (No Cream/No Milk)
- Jello – Without Red, Orange or Purple Dyes Soda – Sprite, 7-Up, Ginger Ale
- Juice – Without Red, Orange, Purple dyes or pulps Kool-Aid – Without Red, Orange or Purple Dyes
- Popsicles – Without Red, Orange, or Purple Dyes Crystal Light – Without Red, Orange, or Purple Dyes
- Broth – Beef, Bone, Chicken, Turkey, Vegetable WITHOUT meat or vegetable chunks, broth only

Start bowel prep on \_\_\_\_\_ by drinking 1-2 cups of chicken broth at least 1-2 hours before the first SuTab dose. Then, at 5 pm by taking the FIRST twelve tablets with liquids as instructed. Don't take all 12 at the same time, this will cause severe stomach upset and nausea. Instead, take a tablet, then take a drink/sip of water, wait two minutes and then start all over again – take a tablet, take a drink, wait two mins, take a tablet, take a drink, wait two minutes – repeat. Much easier on your stomach.

Second bowel prep will follow at 10 pm by taking the additional twelve tablets with liquids as instructed. You must drink all the required liquids until midnight.

If you have any questions, please call Warrensburg Internal Medicine **660-747-8154 x 7906** and ask for Scope Scheduling.

Office Use Only:			
Procedure:	EGD / Colonoscopy	Colonoscopy	Instructions Given _____
Diagnosis:	_____		
Referring:	_____		
Insurance:	_____	Auth Done:	_____
COVID Vaccination:	_____	Pre-Op COVID Test:	_____
Pharmacy:	_____	Cardiologist	_____
Takes Blood Thinners	_____	Takes NSAIDS	_____

## On the Day Before Your Procedure

### What You CAN Do

- You may have clear liquids.

### What You CANNOT Do

- Do not drink milk or eat or drink anything colored red, purple or orange.
- Do not drink alcohol.
- Do not take other laxatives while taking SUTAB.
- Do not take oral medications within 1 hour of starting each dose of SUTAB.
- If taking tetracycline or fluoroquinolone antibiotics, iron, digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before and not less than 6 hours after administration of each dose of SUTAB.



### Liquids That Are OK to Drink

- Coffee or tea (no cream or nondairy creamer)
- Fruit juices (without pulp) – without colored red, purple or orange.
- Gelatin desserts (no fruit or topping) – without colored red, purple or orange.
- Water
- Chicken, bone, beef, turkey, or vegetable broth without meat or vegetable chunks.
- Clear soda (such as ginger ale, Sprite)

## The Dosing Regimen

SUTAB is a split-dose 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 – At 5 pm On the Day Prior to Colonoscopy

Take the tablets with water

STEP 1 Open 1 bottle of 12 tablets.

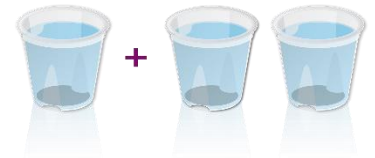
STEP 2 Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes.

**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 – At 10 pm.

Continue to consume only clear liquids until after the colonoscopy

Open the second bottle of 12 tablets

Repeat STEP 1 to STEP 4 from DOSE 1

**IMPORTANT:** You must complete all SUTAB tablets and required water before colonoscopy.



### 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.