

ATLANTA CENTER FOR GASTROENTEROLOGY

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SUTAB COLONOSCOPY PREP INSTRUCTIONS

- 1) **CLEAR/THIN LIQUID DIET ALL DAY LONG THE DAY BEFORE.** All Day means **ALL DAY**. No breakfast or anything but CLEAR/THIN LIQUIDS all day the day prior to the Colonoscopy. Examples of Clear Liquids are Water, Black Coffee, Soda's, Apple Juice, Grape Juice, Jello, Broth Cubes, Gatorade, Tea, etc. This does **NOT** include Full Liquids like Milk, Orange Juice, Ice Cream, or Soups and absolutely **NO SOLID FOODS** at all. **STOP** the Clear Liquids after **~2-3am** for am procedures and **~4-5 hours** before pm procedures. **Hydration** is important the day before the Colonoscopy and drink plenty of **Clear/Thin Liquids** the day before.
- 2) You **can** go outside the house to **work** or anywhere else while on the **Clear Liquid Diet** but get home early evening for the Laxatives doses to be described below.
- 3) You **will** need someone to **Drive** you the day of the procedure. Most are here ~2.5-3.5 hours. We will **NOT** be able to do your Sedated Procedure without someone here to drive you home or to **be with you** if you take other transportation such as Uber or Bus. We **strongly** recommend they stay close in the immediate area during your procedure.
- 4) If you are on **Insulin** or a **Blood Thinner** stronger than Aspirin then ask your MD about instructions on these medications **well before** the Colonoscopy so we can adjust them.

DATE OF PROCEDURE _____ Check into our Main Office Desk in **Suite 550**.

TENTATIVE TIME TO COME TO OFFICE _____ (someone will call you 1-3 days prior to tell you the exact time to show up for the Colonoscopy)

SUTAB PREP INSTRUCTIONS (**DISREGARD** any instructions inside the SUTAB box and **follow the instructions below**)

1st dose SUTAB 12 tablets with 16oz water over 15-20 minutes starting _____
Then about 1 hour later drink another 16oz water over 30 minutes. Then about 30 minutes later drink another 16oz water over 30 minutes. Will drink 3 full 16oz glasses of water

2nd dose SUTAB 12 tablets with 16oz water over 15-20 minutes starting _____
Then about 1 hour later drink another 16oz water over 30 minutes. Then about 30 minutes later drink another 16oz water over 30 minutes. Will drink 3 full 16oz glasses of water.

See opposite page for **Tap Water Enema** instructions. Do Enema's **1-3 hours** prior to coming in for your Colonoscopy. **Cancellation** of Colonoscopy must be received at least **72 hours** before to avoid a **\$100 no show fee**. Please be considerate of other patients who may need your slot. We need to know early in order to schedule them.