



ENDOSCOPY CENTER

Grand Health Partners
2060 East Paris Avenue
Suite 100
Grand Rapids, MI 49546

Colonoscopy

Your Appointment

Name

Has an appointment with GHP Endoscopy Center for a Colonoscopy on:

(Day and Date)

Arrival Time: __12__ am/pm Procedure Time: __1__ am/pm

Attached are your Procedure Prep Instructions

**Please follow the instructions carefully
& call us if you have any questions at
616-956-6100 Option 2**

Preparing for your Colonoscopy Procedure

Patient Education

Welcome to the Grand Health Partners Endoscopy Center! Thank you for the opportunity to take part in your care and we wish to provide you with an excellent experience for your colonoscopy. In order for us to perform a high quality exam, it is very important that your colon be adequately clean. Please read through all the instructions at least 7 days in advance of your scheduled procedure.

What is a Colonoscopy?

A colonoscopy is a test that allows your doctor to look at the inner lining of your large intestine. A colonoscopy helps find ulcers, colon polyps, tumors, and areas of inflammation or bleeding. During a colonoscopy, tissue samples may be collected and abnormal growths removed. A colonoscopy can also be used as a screening test to check for cancerous or pre-cancerous growths in the colon or rectum.

Important Reminders

- Please arrive **60 minutes** prior to your procedure
- You must have a driver and they need to stay with you for the entire visit or the procedure cannot be performed. You **CANNOT** take a cab or Uber driver home.
- Arrange for a responsible adult to remain with you, at home, for 12 hours after your procedure
- The procedure can take anywhere from 30-60 minutes to complete
- If you are of child-bearing age, you will be asked to give a urine sample for a pregnancy test
- You may return to work the following day

For Your Safety, Please Tell Us If

- You are taking any blood thinners such as Coumadin, Warfarin, Aspirin, Plavix, Clopidogrel, Brilinta, Effient, Arixtra, Savaysa, Pradaxa, Xarelto, Eliquis, Imbruvica or any others.
- You are taking any anti-inflammatory drugs such as Ibuprofen, Motrin, Aleve, naproxyn – please stop taking these 2 days prior to your procedure.
- You have Atrial Fibrillation (A-Fib), an Artificial Heart Valve or Kidney Disease.

SUTAB Bowel Prep Kit

- SUTAB is an osmotic laxative indicated for cleansing of the colon in preparation for colonoscopy in adults.
- Be sure to tell your physician about all the medications you take, including prescription and non-prescription medications, vitamins, and herbal supplements. SUTAB may affect how other medicines work.
- Medications taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of SUTAB.
- The most common side effects after taking SUTAB are nausea, abdominal distention, vomiting, and upper abdominal pain.

- Contact your health care provider if you develop significant vomiting or signs of dehydration after taking SUTAB or if you experience cardiac arrhythmias or seizures.

Preparation

5 days before your procedure

- Decrease the fiber in your diet. This will help to reduce the dietary residue in your colon and facilitate the cleansing process. (See Low Fiber Foods Handout on Page 5)
- Pick up SUTAB at your pharmacy (this is a prescription sent into your pharmacy)
- Buy 4 Dulcolax 5mg tablets (Laxative – not stool softener, over the counter)
- Buy 4 gas tablets (Simethicone, Gas-X, Mylanta Gas, over the counter)

1 day before your procedure

- **DO NOT** drink milk.
- **DO NOT** eat or drink anything colored red, blue, or purple.
- **DO NOT** drink alcoholic beverages.
- Take all routine medicine, unless you have been told otherwise.

At 12:00pm (noon)

- Start a clear liquid diet after 12:00pm (noon)
- Clear liquids include: water, tea, coffee (no cream or sugar), carbonated drinks, Jell-O, clear broth, bouillon, apple juice, Crystal Light, Propel or Gatorade.
- You may drink protein drinks up until 3:00pm.

At 5:00pm

- Take four (4) Dulcolax Tablets.

At 6:00pm

- Open 1 bottle of 12 tablets
- 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 15-20 minutes.
- Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to fill line), and drink the entire amount over 30 minutes.
- Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to fill line), and drink the entire amount over 30 minutes.
 - You will pass many stools and there is a chance you may have some stomach cramping and bloating during this time. You may use petroleum jelly for rectal soreness.
 - If you vomit, slow the rate of drinking the additional water until your symptoms diminish.

- After you're done taking the SUTAB, you will continue with a clear liquid diet.
- DO NOT EAT ANY SOLID FOOD

At 9:00pm

- Take 2 gas tablets with 8oz of clear liquid.
- DO NOT TAKE WITH FOOD AS PHARMACY INSTRUCTIONS STATE.

At 10:00pm

- Take 2 gas tablets with 8oz of clear liquid.
- DO NOT TAKE WITH FOOD AS PHARMACY INSTRUCTIONS STATE.

The Day of your procedure

The morning of your colonoscopy (5 to 8 hours prior to the colonoscopy and no sooner than 4 hours from starting dose 1) open the 2nd Bottle of tablets.

- 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 15-20 minutes.
- Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to fill line), and drink the entire amount over 30 minutes.
- Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to fill line), and drink the entire amount over 30 minutes.
 - You will pass many stools and there is a chance you may have some stomach cramping and bloating during this time. You may use petroleum jelly for rectal soreness.
 - If you vomit, slow the rate of drinking the additional water until your symptoms diminish.
 - After you're done taking SUTAB, you will continue with a clear liquid diet.
 - You must complete all SUTAB tablets and required water at least 3 hours before colonoscopy.
- DO NOT EAT ANY SOLID FOOD
- You may continue the clear liquid diet until 3 hours before your colonoscopy.
- If you take a beta-blocker (metoprolol, atenolol, carvedilol), take it with a sip of water.
- DO NOT take your other oral medications on the morning of your procedure.

3 hours before your appointment time

- Less than 3 hours before your colonoscopy, DO NOT EAT OR DRINK ANYTHING

Questions?

If you have any questions about your colonoscopy, the SUPTAB instructions, and/or medications you are taking prior to this procedure, please call us at 616-956-6100 Option #2 (Nurse Line), between 8:00am – 4:30pm, Monday through Friday.

If you need to cancel or reschedule your procedure, please call us 48 hours in advance of your scheduled test. If you do not contact us to cancel or reschedule, you may be charged a \$50 fee.

Low Fiber Diet Recommendations for Colonoscopy Preparation

5 days before your procedure

OKAY to Eat

- Breads and grains made with refined white flour
- White rice
- Plain crackers
- Low fiber cereal
- Chicken, turkey, fish, pork, veal, beef, eggs
- Creamy peanut butter
- Soups – cream or broth based
- Liquid protein drinks
- Canned or cooked vegetables without skin or peels
- Fruit without skin or peels

Avoid these foods

- Whole grain or high fiber cereal (includes granola, bran, oatmeal)
- Brown or wild rice
- Breakfast cereal with nuts or seeds
- Tough meat with gristle
- Chunky peanut butter
- Chili, bean, pea, or lentil soups
- Popcorn
- Yogurt mixed with nuts, seeds, granola
- Raw skins, seeds, peels, or certain vegetables (corn, tomatoes, peas, lettuce)
- Raw fruit with seeds, skin, or membranes
- Raisins or other dried fruits
- Nuts and seeds including peanuts, almonds, walnuts, and sunflower seeds