



# 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: \_\_\_\_\_ am/pm Procedure Time: \_\_\_\_\_ 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 trusting us with your care. To ensure a high-quality colonoscopy, it is essential that your colon is thoroughly cleaned. Please review all instructions at least 7 days before your scheduled procedure. Please note that all pathology specimens are sent to Quest Diagnostics, and you will receive a separate bill directly from Quest.

### What Is a Colonoscopy?

A colonoscopy allows your doctor to examine the lining of your large intestine (colon) to identify polyps, ulcers, tumors, inflammation, or bleeding. During the procedure, tissue samples may be taken and abnormal growths removed. Colonoscopy is also an important screening tool for detecting colon and rectal cancer, including pre-cancerous changes.

### Important Reminders

- Please arrive **60 minutes** prior to your procedure.
- You **must** have a driver that can **stay with you** for the entire visit or the procedure. 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.

### Medication Instructions

- **Do NOT take your morning medications on the day of your procedure, with the exception of the following:**
  - **Beta blockers** for blood pressure (such as metoprolol, atenolol, bisoprolol, carvedilol, or labetalol)- please take your beta blocker as prescribed with a small sip of water.
- If you take the following medications: **Pradaxa, Xarelto, Eliquis, Baby Aspirin** – **STOP** 2 days prior to your endoscopy.
- If you take the following medications: **Coumadin, Brilinta, Effient, Plavix, Imbruvica** – **STOP** 5 days prior to your endoscopy.

### 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).
- SUTAB will be delivered to the address you provided- if you have not received it, please call our office.
- 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.**

<b>The Day of your procedure</b>
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**The morning of your colonoscopy (5 to 8 hours prior to the colonoscopy and no sooner than 6 hours from starting dose 1) open the 2<sup>nd</sup> 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.

**3 hours before your appointment time**

- **DO NOT EAT OR DRINK ANYTHING**

## Questions?

If you have any questions about your colonoscopy, the SUTAB 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