

SUTAB PREP INSTRUCTIONS

Please read all instructions carefully

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| Mesquite Gastroenterology & Surgery Center 7445 E. Tanque Verde Road Tucson, Arizona 85715 Phone: 520-722-0929 Fax: 520-722-0745 www.mesquitegsc.com | Tucson Medical Center TMC GI 5301 E. Grant Rd Tucson, Arizona 85712 Phone: 520-327-5461 | St. Joseph's Hospital St. Joseph GI 350 N. Wilmot Rd Tucson, Arizona 85711 Phone: 520-873-3000 |
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You are scheduled for a Colonoscopy with Dr. Arenas at the following facility:

- MSC
 TMC GI
 St Joseph GI

Appointment Date: _____ **Time:** _____ **Please arrive 30 minutes prior at:** _____

You must have a responsible driver to take you home after your procedure. This **DOES NOT INCLUDE** cab, UBER, or the equivalent thereof. Medical Transportation services are acceptable. If you cannot arrange for a responsible individual to take you home, please notify Mesquite Gastroenterology or Surgery Center. **If you arrive at the Surgery Center without acceptable transportation your procedure will be postponed.**

- A prescription will be called into your pharmacy to purchase the **SUTAB BOWEL Preparation Kit**. Please be advised that these instructions are different from the SUTAB package instructions.
- Arrive a half-hour prior to your procedure time at Mesquite. If scheduled at TMC or St. Josephs, arrive 1 hour prior to your procedure time.
- If you have any questions about these instructions, please contact our office at **520-722-0744 EXT. 214**

2 DAYS BEFORE COLONOSCOPY PROCEDURE: PLEASE FOLLOW LOW-FIBER DIET

Listed are some examples of food options that are okay to eat during your low fiber diet.

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| Milk & Dairy | Milk, cream, hot chocolate, buttermilk, yogurt, cheese including cottage cheese, sour cream |
| Breads & Grains | Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta); white rice, plain crackers such as Saltines, low fiber cereal (including puffed rice, cream of wheat, corn flakes) |
| Fats & oils | Butter, margarine, vegetable and other oils, mayonnaise, salad dressings made without seeds or nuts |
| Meats | Chicken, turkey, lamb, lean pork, veal, fish and seafood, tofu |
| Soups | Broth, bouillon, consommé, and strained soups |
| Desserts | Custard, plain pudding, ice cream, sherbet or sorbet, Jell-O, or gelatin without added fruit or red/purple dye , cookies or cake made with white flour, prepared without seeds, dried fruit or nuts |
| Beverages | Coffee, tea, hot chocolate or cocoa, clear fruit drinks (NO PULP), soft carbonated drinks, Ensure, Boost, or Enlive without added fiber |
| Other | Sugar, salt, jelly, honey, syrup, lemon juice |

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| 2 WEEKS BEFORE YOUR PROCEDURE | <ul style="list-style-type: none"> • Stop taking Phentermine, Phendimetrazine, or Benzphetamine |
| 7 DAYS BEFORE YOUR PROCEDURE | <ul style="list-style-type: none"> • If you are taking Ozempic (semaglutide) as an injection, hold on to after your procedure |
| 5 DAYS BEFORE PROCEDURE | <ul style="list-style-type: none"> • <u>You must stop taking the following medications:</u> (If cleared by your Primary Care Physician or Cardiologist): Aspirin, NSAIDS (Advil, Ibuprofen, Celebrex, Naproxen, Meloxicam, Diclofenac Aleve) Coumadin, Eliquis, Heparin, Pradaxa, Plavix, Clopidogrel, Xarelto, or other blood thinners. If you must continue, please let us know. • <u>STOP any bulking agents and vitamin supplements:</u> Metamucil, Citrucel, Gemfibrozil, Ginseng, Ginkgo, Garlic tablets, Vitamin E, Multi Vitamins, Fish Oil, and Iron supplements. • Tylenol is acceptable to take during this time. • <u>If diabetic and taking Steglatro, stop taking 4 days before your procedure. If you take Invokana, Farxiga or Jardiance stop at 3 days before your procedure.</u> |
| 2 DAYS BEFORE PROCEDURE | <p>Start a low fiber diet. (No whole grain, raw vegetables, fruit, nuts, popcorn, or seeds of any kind, etc.)</p> <p><u>Take two doses of Miralax powder laxative (1 oz total) around 4:00PM. This is an over-the-counter laxative.</u></p> <ul style="list-style-type: none"> - Stir and dissolve in 8-12 oz of water or clear beverage - Individual responses to laxatives vary. Remain close to a toilet, as multiple bowel movements will occur. |
| | <p>CLEAR LIQUID DIET ALL DAY (liquids you can see through) which includes: Beverages: Any soft drinks, Gatorade, Kool-Aid, fruit juices NO PULP (apple, white grape, lemonade, etc.), water, tea, coffee. SOUPS: low sodium chicken, beef or vegetable bouillon or broth. OTHER: Hard candies, Jell-O (no fruit or toppings), Popsicles (no sherbets, ice cream or fruit bars) <u>NO DAIRY PRODUCTS, OR ANYTHING THAT IS RED OR PURPLE IN COLOR</u></p> <ul style="list-style-type: none"> • Breakfast, lunch, and Dinner- LIQUID DIET ONLY, drink all the clear liquids you want. NO SOLID FOOD! • Take any heart, blood pressure, seizure, or other necessary medications as usual. • Insulin dependent diabetics should take ½ the usual dose of Insulin the day before your procedure and ½ the usual dose on the day of your procedure. Continue to monitor blood sugar throughout your prep process. |
| EVENING BEFORE | <p>START YOUR FIRST BOTTLE OF LAXATIVE PREP (12 TABLETS)</p> <ul style="list-style-type: none"> • At 5PM- Fill the provided container with <u>16 ounces of water</u>. Swallow each tablet with a sip of water and drink the entire amount of water within 30 minutes. • One hour after taking the last pill you must drink another 32 ounces of water over the next hour and a half. • Individual responses to laxatives vary. Remain close to a toilet, as multiple bowel movements will occur. |
| THE MORNING OF YOUR PROCEDURE | <p>START SECOND BOTTLE LAXATIVE (12 TABLETS)</p> <ul style="list-style-type: none"> • DO NOT chew any gum, suck on hard candies, mints or use chewing tobacco. • At ____ (at least 7 hours prior to your procedure) Fill the provided container with <u>16 ounces of water</u>. Swallow each tablet with a sip of water and drink the entire amount of water within 30 minutes. • One hour after taking the last pill you must drink another 32 ounces of water over the next hour and a half. • STOP DRINKING WATER 4 HOURS BEFORE YOUR PROCEDURE. • Take any heart, blood pressure, seizure, or other necessary medications 4 hours before procedure (with water is okay). • Nothing else to drink until after your procedure. • Please bring a list of medications with you. • Please come prepared to pay your outpatient procedure co-pay. Check with your insurance for your required amount. |