



## Gastro Health & Nutrition

1259 FM 1463, SUITE 500

KATY, TX 77494

Ph (713) 429-4550/ Fax (832) 397-6426



Date:



**Location: Memorial Hermann Surgery Center KINGSLAND**

21720 Kingsland Blvd. Suite 101, Katy Texas 77450. Ph: 281.492.1234.



A representative from Memorial Hermann Surgery Center Kingsland will contact you the **day before** of the procedure with **pre-registration, time of arrival** and **facility pricing** (If applicable). Please remember **we require 72 HOURS** notice for cancellations or rescheduled appointments. A fee of **\$45.00** will be charged for last minute cancellations.



**Arrange** for a friend or family member to drive you home after the procedure, as you will still be drowsy from sedation and it is unsafe to drive.



**7 Days prior to procedure STOP:** Iron supplements, Vitamins containing iron, Fish oil, Vitamin E.

**5 DAYS:** PLAVIX (Clopidogrel), Effient, Cilostazol

**5 DAYS:** Warfarin (Coumadin)

**3 DAYS:** Xarelto

**2 DAYS:** Eliquis

**Aspirin 81 mg** hold for 2 days before the procedure.

**DIABETIC PATIENTS:** Take only  $\frac{1}{2}$  of your Insulin dose the evening before. **No** diabetic pill or Insulin the day of your procedure.

**THE MORNING OF THE PROCEDURE:** Take your high Blood pressure, any heart, lung seizure, and psychiatric medication with a sip of water.

For Colonoscopy, please follow colonoscopy prep instructions.



## Colonoscopy Bowel Preparation Instructions

### SUTAB



**5 DAYS PRIOR** to your procedure, eat a **LOW RESIDUE DIET**.

**Food to avoid** whole grain products, nuts, seed, fruit and vegetables with skin, popcorn, red meat.

**1 DAY PRIOR** to your procedure, eat only a **CLEAR LIQUID DIET**.

**CLEAR LIQUID DIET INCLUDES:**



- o Water
- o Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade)
- o Clear carbonated and non-carbonated soft drinks or sports drinks
- o Store-Bought and >99% fat free broth (Chicken, beef, vegetable, or bone broth)
- o Popsicles or gelatin (such as Jell-O) **NO RED OR PURPLE.**
- o Coffee or Tea (without milk or cream)



**One day before** your procedure:

- o DO NOT drink milk
- o DO NOT eat or drink anything colored red or purple
- o DO NOT drink alcoholic beverages

**1 DAY PRIOR** to your procedure, you should also **TAKE THE COLON PREP MEDICATION.**

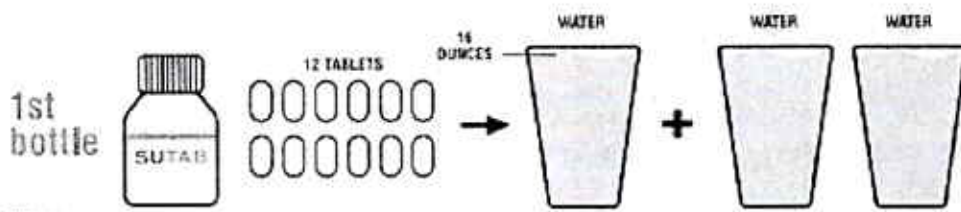
**1. YOUR PREPARATION-**

Open 1 bottle of 12 tablets.

**2. DOSE 1- ON THE DAY PRIOR TO COLONOSCOPY** between 6-7 pm the night before your procedure

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.



**3. DRINK ADDITIONAL WATER**

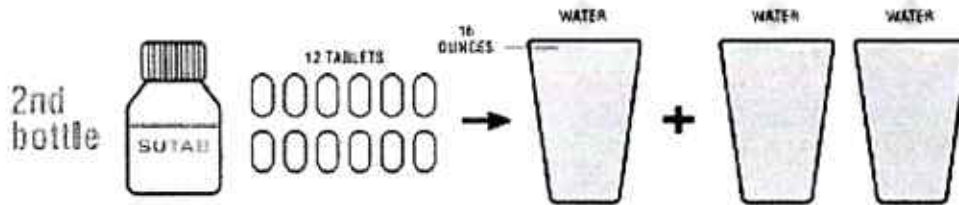
Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.



#### 4. DOSE 2- DAY OF COLONOSCOPY

The morning of the colonoscopy (6-8 hours prior to the colonoscopy and no sooner than 4 hours from starting Dose 1) Open the second bottle of 12 tablets and repeat STEP 1 to STEP 4 from DOSE 1.

**IMPORTANT:** You must complete all SUTAB tablets and required water at least 6 hours before colonoscopy



#### WHAT TO EXPECT

- o You will develop **diarrhea** after drinking the preparation. Plan to be near to a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- o Mild **bloating** and mild **abdominal cramps**. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.
- o A successful colon prep will cause you to have **clear yellow** ("tea-colored") **liquid stools**.
- o Please finish your preparation regardless of your stool color.

**IMPORTANT:** If your stools are not **clear yellow** ("tea-colored"), you will need to drink 10 oz of Magnesium citrate (lemon flavor). It is available over the counter.



**6 HOURS BEFORE** your procedure, you should **STOP DRINKING ALL CLEAR LIQUIDS AND MEDICATION**. This means that you should not have anything to eat or drink 6 hours before your colonoscopy.





**COMMERCIALY INSURED PATIENTS  
 PAY AS LITTLE AS \$40  
 ON YOUR PRESCRIPTION**  
 Patients without insurance may pay as little as \$60.

**SUTAB<sup>®</sup>**  
 (sodium sulfate, magnesium  
 sulfate, and potassium chloride)  
 Tablets  
 1,479 g/0.225 g/0.188 g

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