

Procedure

PURCHASING THE PREP

Before your colonoscopy, you will need to pick up & purchase the following prep items

1. **Sutab**- A prescription for the Sutab will be called into your pharmacy.
2. **Gas-X** or generic simethicone pills

WHERE TO GET YOUR Suprep prep

What to buy at the Pharmacy

1 Sutab

You can pick this up at your pharmacy.
Your doctor will prescribe this



**1 box of Gas-X or
generic simethicone pills (125 mg or 250 mg)**

Seven Days Before Your Exam

Eat a low fiber diet: avoid nuts, seeds, corn and raw (uncooked) fruits and vegetables. These foods are hard to digest, do not easily clear out of your colon and will make it difficult for your doctor to get a clear picture of your colon during the colonoscopy

When to start your bowel preparation depends on the start time of your colonoscopy, please follow the instructions below:

One Day before exam at 5 PM

- x The day before your colonoscopy, open the first bottle of 12 tablets and take SUTAB as described below.

All exams

3 hours Before Your Exam

STOP all prep. Do not drink or eat anything, including water, until your colonoscopy. This includes mints or candies.

Note: If you drink or eat anything your procedure will be cancelled

You may take your regular medications, unless instructed otherwise by a doctor with, a small sip of water.

Upon arrival, there will be multiple forms for you to sign and hospital staff will ask you to state and spell your name and date of birth several times.

After changing into a hospital gown, an intravenous (IV) catheter will be placed. An anesthesiologist will review your medical history. Your doctor will explain the procedure in more detail including any risks and answer any questions you have.

You will be brought into the procedure room and equipment to monitor your heart, breathing, and blood pressure will be attached. You will receive oxygen through your nose. You will be administered anesthesia through your IV, which will make you fall asleep. A scope will be used to move through the entire length of your colon. If polyps are identified, they will be removed, and other abnormalities will be biopsied. The procedure should be comfortable and painless.

AFTER YOUR PROCEDURE: In the recovery room

You will wake up in the recovery room. Some people may feel bloated or have stomach cramps after a colonoscopy. This is normal and goes away by passing gas. Once you are fully awake, your nurse will remove your IV. Your doctor will then discuss your procedure results. Your nurse will explain your discharge instructions before you go home.

AT HOME:

If you had a biopsy, you may notice a few drops of blood coming from your rectum. This is normal after a biopsy. Please refrain from drinking

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