

North Hills Endoscopy Center

3344 N. Futrall Dr.
Fayetteville, AR 72703
(479)582-7280

The following instructions are to be followed so that you will have a clean bowel on the day of your colonoscopy. This is very important for adequate examination. **If these instructions are not followed, your procedure may be canceled.** SUTAB Bowel Prep Kit is a split dose (2day) regimen. Both doses are required for a complete prep. SUTAB prescription is attached; please take it to the pharmacy of your choice to get it filled. You will find a discount coupon attached to present at your pharmacy along with your prescription.

One week before your scheduled procedure:

- Please do not take any iron or iron supplements (multivitamin is OK).
- Please continue to take your aspirin or baby aspirin as usual up to your appointment.

If you have any of the following conditions, please call our office to speak with a nurse prior to your appointment:

- If you are on Coumadin, Ticlid, Plavix, Lovenox or any other prescribed blood thinners.
- If you are allergic to latex. This does not include a latex sensitivity, such as tape.
- If you have an internal defibrillator.

The day before your exam:

- You will be on a clear liquid diet from the time you get out of bed (this consists of 7up, coke, Gatorade, broth, strained clear soup, coffee, juices that are pulp free, etc. Also, you may have Jell-O and popsicles, but avoid cherry and strawberry because of the red dye that will stain the colon).
- **DO NOT CONSUME ANY SOLID FOODS OR MILK PRODUCTS THE DAY BEFORE OR THE DAY OF THE EXAMINATION.**
- If you are diabetic and you take Insulin, take ½ dose the day before your procedure. If you take oral diabetic meds, you may take the full dose the day before. Also make sure you have some liquids WITH sugar in them as well as the sugar-free kind as part of your clear liquid diet.

****IT IS IMPERATIVE THAT YOU DRINK ALL OF THE REQUIRED AMOUNT OF WATER FOR THE PREP TO BE EFFECTIVE****

Begin Step 1 at **6:00pm** on the evening before your procedure.

-Step 1: Open one bottle of 12 SUTAB tablets.

-Step 2: Fill the provided container with 16 ounces of water (up to the fill line). Now, swallow each tablet with a sip of water and then drink the entire contents of the container over 15 minutes.

-Step 3: Approximately one hour after ingesting the pills, fill the provided container a second time and drink over 15 mins.

-Step 4: Approximately 30 minutes after completing the second container of water, refill the container for a third time and drink over 15 min.

The day OF your procedure:

- Beginning at **4:00am**, repeat steps 1-4 (listed above). **ALL OF THE WATER MUST BE CONSUMED BY 6:30AM if your procedure is at 8:30am.**
- **It is important that you follow these instructions exactly for a sufficient prep. If you are diabetic please check a blood sugar the morning of your procedure and bring that number to the center with you.**
- **DO NOT** take any of your diabetic medications the morning of your procedure.
- Please take any medications for heart or blood pressure with a small sip of water on the morning of your procedure.
- You will not be able to **work, drive, or make any business decisions** the day of your procedure.

*****DO NOT CONSUME ANY LIQUIDS WITHIN 2 HOURS OF YOUR ARRIVAL TO THE CENTER!!!*****

****DO NOT USE CHEWING TOBACCO OR SNUFF FOR 6 HOURS PRIOR TO YOUR PROCEDURE! ****

DO NOT SMOKE TOBACCO OR MARIJUANA PRODUCTS AFTER MIDNIGHT THE DAY OF YOUR PROCEDURE!

It is our policy that you have an adult driver to take you home after the procedure. If you do not have a driver, your procedure will have to be canceled or done without sedation. Taxi services are not acceptable unless you have someone to ride with you. Out of courtesy to other patients waiting for appointment availability, please note that we have a 3 business day cancellation policy. **All other cancellations/no shows may be subject to a \$50.00 cancellation fee.**

Please report to North Hills Endoscopy Center at 3344 N. Futrall Dr. North Hills Endoscopy Center is located inside of the Fayetteville Diagnostic Clinic. If you have any questions, please feel free to call our scheduling dept. at (479)582-7289.

Your appointment is: **DATE:** _____ **TIME:** _____ **(Arrive 45 minutes prior to appt time)**

General Business