Patient Name: DOB:

Procedure Date: Arrival Time:

Colonoscopy Preparation Instructions

- A responsible adult **MUST** accompany you to and from your colonoscopy. We ask that your driver remains in the building or close by the facility. For afternoon procedures, drivers **MUST** be available to pick you up no later than 4:30pm.
- We **WILL NOT** discharge you after the procedure to a cab, bus, UBER/Lyft, or other transportation services without having a responsible adult with you.
- If you do not have a responsible adult to accompany you and drive you home, your procedure will be cancelled and/or rescheduled.

Preparing for your Exam: What to Bring

- A list of all medications you are taking, including over the counter medications, vitamins and supplements
- If using inhalers for asthma, please bring them with you
- Your insurance card and photo ID

Blood Thinners/Anticoagulation

- If you are on an **anticoagulant/blood thinner** (other than Aspirin) our nurse will call you with instructions after contacting your prescribing physician. **If you have not heard from our office 1 week prior to your procedure, please contact us at 610-431-3122**

Medication and Other Instructions

- **STOP** Iron supplements for 1 week prior to the procedure date (multi-vitamins are OK)
- **DO NOT** take water pills/diuretics on the day of the procedure (HCTZ (Hydrochlorothiazide), Lasix (Furosemide), Dyazide, Diovan HCT (Spironolactone))
- **CONTINUE** all prescribed medications unless instructed. For example, heart, blood pressure, thyroid, seizure and/or anxiety medications **CAN** be taken the morning of the procedure with a sip of water 2 hours prior to arrival time
- If on Effexor, **STOP** the medication **1 day before the procedure**
- **ALL weight loss medications (GLP-1), certain diabetic medications (SGLT-2) and some cancer treatment medications MUST be held prior to procedure. Please contact us if you have not received instructions. Failure to hold these medications will result in the cancellation of your procedure**
- **Diabetic patients:**

- **DO NOT** use any form of cannabis (weed) 12 hours prior to your arrival time
- **MUST REMOVE ALL** facial piercings prior to arrival for the procedure

Important Note

- **You will need to purchase these items from the store:**
  -Two (2) Dulcolax Laxative 5mg tablets (generic Bisacodyl is acceptable)
  -Two (2) GAS-X 125mg tablets (generic Simethicone Chewable is acceptable)
- Follow the instructions provided on Page 2
- Follow the instructions provided. **DO NOT** follow the instructions on the SUTAB packaging

US Digestive Health at West Chester
915 Old Fern Hill Road, Building B, Suite 300
West Chester, PA 19380
Prep instructions, patient forms and FAQ's can be found on our website: usdigestivehealth.com

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SUTAB Bowel Preparation
PM Prep

The Day *Before* Your Procedure

- You **MAY** eat a light breakfast until 11:00am (scrambled eggs, plain white toast, juice. **NO** whole grains, cereals, oatmeal, etc.)
- **CLEAR LIQUIDS ONLY** after 11:00am. procedure (water, soda, tea, coffee, broth, juice, Jell-O, popsicles) **AVOID** red and purple liquids, milk, cream, alcohol, orange and tomato juice**. See Colonoscopy Diet Form** included in your packet
- Take all your normal prescription medications, unless advised otherwise

6:00pm	• Take 2 Dulcolax (Bisacodyl) Laxative tables with 8oz of water.
8:00pm	• Open SUTAB packet. Fill the provided container with 16oz of water. Swallow one tablet every 1-2 minutes until all 12 tablets are finished **AND** then drink the entire 16oz of water. This should be completed in 20 minutes. • **One Hour After This,** drink another 16oz of water within 30 minutes. • **30 Minutes (1/2 Hour) After This,** drink another 16oz of water within 30 minutes.

The Day of Your Procedure

6:00am	• Open SUTAB packet. Fill the provided container with 16oz of water. Swallow one tablet every 1-2 minutes until all 12 tablets are finished **AND** then drink the entire 16oz of water. This should be completed in 20 minutes. • **One Hour After This,** drink another 16oz of water within 30 minutes. • **30 Minutes (1/2 Hour) After This,** drink another 16oz of water within 30 minutes. • Take (2) Simethicone (GAS-X) tablets after drinking the bowel preparation. • **You MUST finish the prep by 8:30am**

ALL PREP AND CLEAR LIQUIDS MUST BE COMPLETED BY 8:30AM

NOTHING by mouth after 8:30am (liquids, hard candy, nicotine pouches, chewing gum, etc.)

FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN THE DELAY OR CANCELLAION OF YOUR PROCEDURE

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Please call 610-431-3122 or visit www.westchesterendocenter.com with any questions or concerns

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