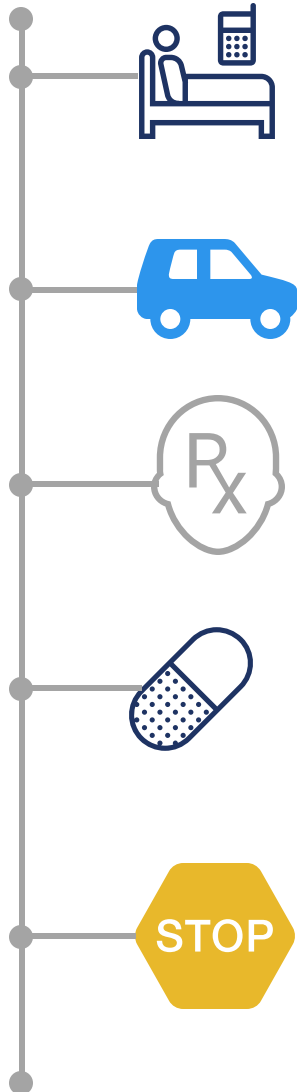


# Northwest Gastroenterology Clinic

## Colonoscopy Preparation Instructions

Sutab

### One Week Before Your Procedure



- Notify our office if you have had any major changes to your health since you scheduled your procedure.
- If you are receiving sedation, a responsible adult must accompany you to check-in, remain onsite, and be present for discharge. You may use a rideshare, taxi, or public transit, but your escort must ride with you, as hired drivers do not meet safety requirements.
- Pick up your bowel preparation from the pharmacy.
- Purchase simethicone gas relief (Gas-X) over-the-counter. You will need a total of 4 tablets/ capsules.
- If you take **blood-thinner or anti-platelet medications**, (ie. Plavix, Coumadin, Pradaxa) or any **diabetic or weight loss medications** (ie. Ozempic, Trulicity) please reference [Medication Instructions](#).
- Continue taking all other medications, unless instructed by your physician or our nursing staff.
- Stop taking: Iron pills or vitamins with iron (this is to decrease constipation)
- Stop taking: oil-based vitamins/supplements (A, D, E, K or fish oil) for a full 7 days before your procedure.
- Stop eating: Whole seeds, nuts, tomatoes, berries, and any bread with seeds or nuts. You may continue to have creamy nut butters and tomato sauces.
- Stop using: any illicit drugs



**SIGN UP FOR  
MYCHART**

We use MyChart as our primary communication tool.

**Sign up today to make sure you get all of your important communications from our office.**

Use MyChart to complete all of your paperwork for your virtual visit and pay your co-pay through E-check-in.

Confirm your appointments through MyChart so your appointment does not get cancelled.

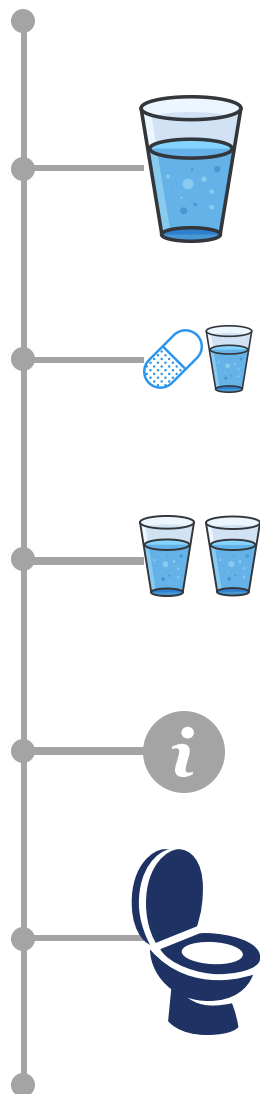
Message the office using MyChart with non-urgent questions to save your time on the phone.

Receive your after visit summary with your treatment plan via MyChart.

# Colonoscopy Preparation Instructions

## Sutab

### 1 Day Before Your Procedure



- When you wake up, start a clear liquid diet.
- Do not have any solid foods.
- Do not have: red, purple, or orange liquids, or alcohol.
- Please see our list of [recommended clear liquids](#).
- Between 4:00 pm and 6:00 pm, open the first bottle of 12 tablets.
- Fill the provided cup up to the fill line. Swallow 1 tablet every 1 to 2 minutes with a sip of water.
- Finish the 12 tablets and entire 16 ounces of water within 20 minutes.
- 1 hour after the last tablet is ingested, fill the container again up to the fill line and drink the entire amount over 30 minutes.
- 30 minutes after you finish the water, fill the container again and drink the entire amount over 30 minutes.
- Take 2 simethicone gas relief (Gas-X) tablets/ capsules.
- If you experience nausea, bloating, or cramping while drinking the additional water, pause or slow down the rate of drinking until your symptoms diminish.
- Bowel movements usually start within 3 hours of beginning the prep but could take longer. It is recommended to stay near a restroom at this point. See our list of [Frequently Asked Questions](#) if you feel the preparation is not working.



# Colonoscopy Preparation Instructions

## Sutab

### The Day of Your Procedure



- Continue with clear liquids and no solid foods.
- **Take blood pressure, heart, or seizure medications the morning of your procedure.** Be sure you take these at least **4 hours** before your arrival time.
- Hold all other medications.



- 6 hours before you leave for your procedure, mix and start the second bottle of the bowel prep.
- For example, if your check-in time is 6:45 am, and it takes you 30 minutes to get here, you will need to wake up and begin your 2nd dose at 12:15 am.



- Open the second bottle of tablets.
- Fill the provided cup up to the fill line. Swallow 1 tablet every 1 to 2 minutes with a sip of water.
- Finish the 12 tablets and entire 16 ounces of water within 20 minutes.
- Take 2 simethicone gas relief (Gas-X) tablets/ capsules.
- 1 hour after the last tablet is ingested, fill the container again up to the fill line and drink the entire amount over 30 minutes.
- 30 minutes after you finish the water, fill the container again and drink the entire amount over 30 minutes.



- **DO NOT HAVE ANYTHING TO EAT OR DRINK 4 HOURS PRIOR TO ARRIVING. NO CHEWING GUM.**
- **DO NOT SMOKE 24 HOURS BEFORE YOUR PROCEDURE.**
- **DO NOT USE CHEWING TOBACCO OR NICOTINE POUCHES 6 HOURS BEFORE YOUR PROCEDURE**



- If you are receiving sedation, your driver must be present with you at check-in on the day of your procedure and remain onsite. **If you are taking public transportation, a taxi, or a rideshare service, you must have a responsible adult escort present with you at check-in, remain onsite, and be with you at discharge.**



- Wear comfortable clothes, leave your valuables at home, and arrive on time at the designated location with any paperwork completed that we may have asked you to bring.
- Don't forget your photo ID and insurance card.