

## **DIGESTIVE MEDICINE ASSOCIATES, LLP**

2140 West 68<sup>th</sup> Street, Suite 300, Hialeah, FL 33016 | 3133 Ponce de Leon Boulevard, Coral Gables, FL 33134  
18044 N.W. 6<sup>th</sup> Street, Suite 102, Pembroke Pines, FL 33029 | 11410 North Kendall Drive, Suite 311, Miami, FL 33176  
3650 NW 82<sup>nd</sup> Avenue, PH 506, Doral, FL 33166  
Ph: 305-822-4107 Fax: 305-822-5086 | [digestivemed.com](http://digestivemed.com)

### **SUTAB INSTRUCTIONS FOR COLONOSCOPY**

#### **FIVE (5) DAYS PRIOR TO THE PROCEDURE:**

- If you take medication for Pain & Arthritis, for example: Advil, Motrin, Naproxen, or any other medication containing Aspirin or Anticoagulants such as: Coumadin, Pradaxa or Plavix, **STOP TAKING** them five (5) days prior to your procedure.

#### **DAY BEFORE PROCEDURE:**

**Clear liquid diet ALL** day for breakfast, lunch and dinner. Clear liquids include Apple/Grape Juice, Sprite, Gatorade, Chicken Broth, Jello (no red coloring) & Tea. **NO SOLID FOOD!!**

1. At 7:00 P.M. Open 1 bottle of 12 tablets.

2. Fill the provided container with 16 ounces of water (up to the fill line). Swallow ONE tablet with a sip of water every 2 minutes and drink the entire amount over 20 -25 minutes.

If you become uncomfortable, take the tablets and water slower.

3. **Approximately** 1 hour after the last tablet is swallowed, fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

4. **Approximately** 30 minutes after finishing the second container of water, fill the container provided with 16 ounces of water (up to the fill line) and drink the entire amount for over 30 minutes.

#### **ON THE MORNING OF THE PROCEDURE:**

At least 5 to 8 hours before procedure repeat steps 1-4, using the second bottle of tablets. You must use all tablets and water at least 2 hours before your procedure. Stop drinking ANY liquids 2 hours before your procedure.

- Do **NOT** take medication for Diabetes the night before or morning of the procedure.
- If you are on Antihypertensive / Blood Pressure medication, you **SHOULD** continue to take them as usual with a sip of water.