



Procedure Reminders

Colonoscopy/Flexible Sigmoidoscopy

Your Appointment

Appointment Date: _____ Arrival Time: _____

Your arrival time is 45 minutes prior to your procedure time. This allows time for check-in, health history review, and pre-procedure evaluation. Please be aware that we may contact you in the days leading up to your procedure, as your arrival time may be subject to change.

Reminders About Your Appointment

Please follow all instructions carefully, as improper preparation may result in your procedure being rescheduled.

- **Transportation:** Due to the sedation you will receive, someone at least 18 years of age MUST bring you to your appointment and drive you home afterwards. A taxi, bus, Uber, Lyft, or similar service is NOT an acceptable form of transportation. If you arrive without a driver, your procedure will be rescheduled. If you have questions about whether a method of transportation is acceptable, please contact our office at the number listed below.
- **Alcohol Consumption:** Do not consume any alcohol during the course of your procedure preparation.
- **Jewelry:** Please leave all jewelry and other valuables at home or with your driver, as we do not provide a secure area for these items.
- **Questions?** Contact our office at (336) 448-2427 (option 6, then option 2) if you have any questions about your prep or if there are any changes in your medical history between the day of scheduling and the appointment date.

Reminders About Medications

If you are taking medication on a regular basis:

- Take all necessary medications at least 4 hours prior to your arrival time.
- **Diabetes:** Please contact the prescribing physician regarding instructions for injectable diabetic medication the day before and the day of the procedure. DO NOT TAKE oral diabetic medication the day of the procedure.
- **Blood Pressure:** DO NOT SKIP any doses of your blood pressure medication.
- **Iron:** STOP taking iron 5 days before your procedure.
- **Inhalers and Nebulizers:** May be used up to the time of your procedure.
- **Blood Thinners:** Please contact the physician who prescribes this medication for you to make sure it is okay to stop taking it for the recommended time (listed below) prior to your procedure. You may remain on aspirin unless otherwise instructed.

Aggrenox/Plavix: 5-7 days

Brilinta/Coumadin/Jantoven: 5 days

Effient: 7 days

Eliquis: 48 hours

Pletal/Persantine: 48 hours

Pradaxa: 48 hours

Savaysa: 1-3 days

Xarelto: 24-48 hours

If you are on a blood thinner that is not listed, please contact the prescribing physician for instructions.



5 Day Extensive: Sutab & Miralax Colonoscopy Preparation Instructions

(For patients with **no** history of renal failure)

FOLLOW THESE INSTRUCTIONS – NOT THOSE ON THE BOX YOU RECEIVE FROM THE PHARMACY!

Items to Purchase

- Sutab (prescription)
- One 238-gram bottle of Miralax powder
- Your choice of one of the following clear liquids (No Red):
 - Option 1: Hydralyte drink mix with 32 ounces of water (view hydralyte.com/where-to-buy for retailers)
 - Option 2: 32 ounces of Gatorade or Powerade
 - Option 3: Crystal Light powdered drink mix with 32 ounces of water
 - Option 4: 32 ounces of Propel or Vitamin Water
 - Option 5: 32 ounces of Apple or White Grape Juice

5 Days Before Procedure

- ✓ Begin taking 17 grams of Miralax twice (2x) daily. (17 grams = a capful)

4 Days Before Procedure

- ✓ Continue taking 17 grams of Miralax twice (2x) daily. (17 grams = a capful)

3 Days Before Procedure

- ✓ Eat a well-balanced diet. Avoid whole grains, nuts, seeds, popcorn, raw or dried fruits and vegetables and salads.
- ✓ Continue taking 17 grams of Miralax twice (2x) daily. (17 grams = a capful)

2 Days Before Procedure

- ✓ **5:00pm:** Mix the remaining Miralax into the 32 ounces/1 liter of drink solution and drink the full amount.
 - ✓ **No solid food after 5pm. Begin a clear liquid diet. DO NOT consume anything red in color OR dairy products.**
- Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.

Day Before Procedure

- ✓ **Continue clear liquid diet.**
- ✓ At **4:00pm**, complete the following steps:
 - 1) Open 1 bottle of 12 tablets.
 - 2) Fill the provided container with 16 ounces of water (to the fill line).
 - 3) Swallow each tablet with a sip of water, drinking the entire amount of water over a 15–20-minute time period.
If you experience nausea, bloating or cramping, pause or slow drinking the additional water until your symptoms go away.
 - 4) Approximately 1 hour after you take the last tablet, fill the provided container again with 16 ounces of water (to the fill line) and drink the entire amount.
 - 5) Approximately 15-20 minutes after finishing the second container of water, refill the provided container with another 16 ounces of water (to the fill line) and drink the entire amount.

Day of Procedure

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time:** Repeat **steps 1-5** (shown above) with the second bottle of tablets.
- ✓ **4 hours prior to arrival time:** You must be finished with all SUTAB tablets and your final glass of water.

ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME!