

5 days prior to your procedure

Go to your pharmacy

Purchase these supplies:

- Prescribed bowel preparation (SuTab)
- One 10-ounce bottle of magnesium citrate (in a clear or sometimes green bottle) **magnesium citrate is an over-the-counter item**



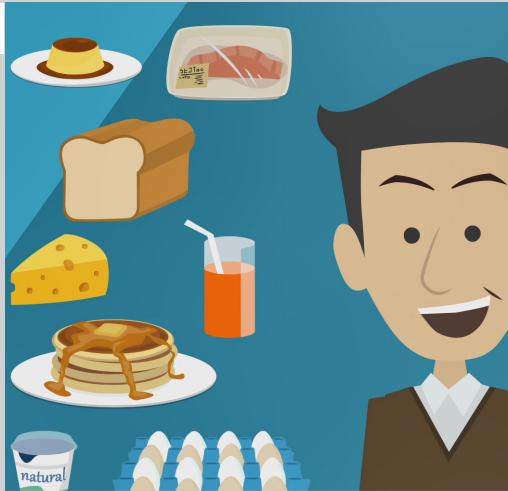
3 days prior to your procedure

Begin a low fiber diet

These foods are **NOT ALLOWED**:

These foods are **ALLOWED**:

- White breads with no nuts or seeds
- White rice
- Well-cooked or canned fruit
- Vegetables without skin or seeds
- Fresh fruit like bananas, cantaloupe, honeydew, and watermelon
- Eggs, dairy products
- Fish / Poultry
- Unprocessed meats
- Pasta



- Whole wheat or whole grain breads, cereals, and pasta
- Brown, wild rice, or other whole grains (oats, kasha, barley, quinoa)
- Dried fruits, coconut
- Raw fruit, including those with seeds, skins or membranes, such as berries
- Corn, popcorn
- Dried beans, peas, and lentils
- Seeds / nuts or any foods containing them
- Salads

2 days prior to your procedure

Continue with low fiber diet

Two hours after your evening meal, drink 10 ounces of magnesium citrate followed by 10 ounces of water.



1 day prior to your procedure

- **Before 10:00 am** you may eat a low fiber breakfast.
- **At 10:00 am**, begin a clear liquid diet.
- **No solid or soft foods.** Drink at least 64 ounces (about 2 liters) of clear liquids throughout the day. **Alcohol and red or purple colored liquids are not allowed!**
- Administration of two doses of SuTab (24 tablets) are required for a complete preparation for colonoscopy. Twelve (12) tablets are equivalent to one dose.
- Water must be consumed with each dose of SuTab and additional water must be consumed after each dose.
- Do not take oral medications within 1 hour of starting each dose of SuTab. If taking tetracycline or fluoroquinolone antibiotics, iron, digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before and not less than 6 hours after administration of each dose of SuTab.
- Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount over 15 to 20 minutes.
- Approximately one hour after the last tablet is ingested, 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.
- Approximately 30 minutes after finishing the second container of water, fill the provided container again with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.
- If patients experience preparation-related symptoms (e.g. nausea, bloating, cramping), pause or slow the rate of drinking the additional water until symptoms diminish. **Do not take other laxatives while taking SuTab.**

procedure day

5 hours prior to your arrival: Repeat mixing instructions and drink **all** remaining prep and water.

Stop drinking all clear liquids 2 hours prior to your arrival time.

Colonoscopy Prep Instructions

SuTab with Magnesium Citrate

Read these instructions at least 5 days prior to procedure.

You must have an adult drive you home. Taxis are not allowed unless you have an adult with you. If you need help with a ride, call 360-397-3430.

To cancel or reschedule your appointment please call **360-397-3805**.

Procedure Date: _____
Dr. _____

Your procedure may be postponed if:

- Your bowels are not clean
- You don't have a driver over 18 years of age
- You eat or drink after the time you have been instructed to stop

If your bowel movements are not clear-yellow and you cannot see to the bottom of your toilet by the time you are ready to leave your house, please call us at (360) 397-3430 to discuss.

You will receive a nurse call 7 days prior to your procedure. Your procedure time may change even on the day of your procedure. Please read all instructions **prior** to the nurse call.

You will receive an automated call or text with your arrival time 3 business days prior to procedure. If you are not signed up for the automated option you will receive a call 2 business days prior to procedure with your check-in time. Your procedure and arrival time are **not** available to view on MyChart.

Vancouver Clinic's Ambulatory Surgery Center is at our 87th Avenue location

700 NE 87th Avenue, Suite 320, Vancouver, WA, 98664

Bowel preparation is very important. Please read these instructions carefully.

On the day of your procedure

- You may take your routine medications with a small sip of water.
- **Diabetes medications or anti-coagulants are an exception.** (Please refer to separate pamphlet)
- You may brush your teeth and shower prior to leaving home.
- Do not wear any jewelry or bring any valuables with you.
- During the procedure you will receive sedation (unless you request otherwise) through an IV.
- Your physician will discuss any findings of your procedure with you in recovery and you will receive a copy of your procedure note to take home with you.
- If biopsies are taken or polyps removed, you will receive a letter or MyChart message in 2-3 weeks.
- Your procedure may not be where your office appointment was.

