

Follow these steps to help ensure a successful procedure...

1. **Answer** the pre-procedure questions located to the right.

2. **Verify insurance benefits.** We highly recommend you contact your insurance company to verify your coverage and network status. The phone number for Member Services should be on the back of your card.

3. **Arrange for transportation** following your procedure; you will not be permitted to drive afterwards because of the sedation used during the procedure.

4. **Stop all iron supplements, aspirin or other pain medication** (except Tylenol®) for 5 days before your procedure or as directed by our office. Your may be given further instructions following your procedure.

5. **Follow the bowel cleansing prep and clear liquid diet instructions located to the right.** It is very important that your colon is entirely clean for your examination.

6. **Go to [www.sutab.com](http://www.sutab.com) to get your \$40 voucher.** For commercial and Medicare insured patients.

## Preparing for Your Colonoscopy

### Using the SuTab® Bowel Cleansing Kit

#### Pre-Procedure Screening Questions:

- | Yes                      | No                       |  |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a history of heart valve surgery/ replacement or other condition that requires antibiotics? Do you have diabetes? If yes, you must be scheduled early in the morning.        |
| <input type="checkbox"/> | <input type="checkbox"/> | Do <b>NOT</b> take insulin, diabetes pills or eat until after the examination.   |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you taking aspirin*, anti-inflammatory pain relievers, Coumadin®, or other blood thinners? If yes, you will be given start and stop times.<br>*Daily 81 mg aspirin is OK to continue |
- If you answered "Yes" to any of the above questions, please call 218-724-3411 for further instructions.**

#### Five (5) Days Before Your Procedure:

- ✓ Purchase prep kit from your pharmacy
- ✓ Stop all iron supplements
- ✓ Follow special medication instructions given by our office based on your answers to the pre-procedure screening questions above.

#### The Day Before Your Procedure:

All Day **DRINK CLEAR LIQUIDS ONLY (NO SOLID FOODS)** including plenty of water to remain hydrated throughout the cleansing process. Acceptable clear liquids include: Strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee or tea; Gatorade®, carbonated and noncarbonated soft drinks, Kool-Aid® (or other fruit-flavored drinks), Jell-O® (without added fruit or toppings), and popsicles.

**Not allowed: Red or purple liquids, solid foods, milk/milk products, alcohol**  
5 PM Take 12 tablets over a period of 15 to 20 minutes with 16 ounces of water. \*Take the tablets one at a time with small sips of water. Do not chew tablets. Drink the entire 16 ounces of water and wait 60 minutes.

6 PM Drink 16 ounces of clear liquid over 30 minutes, wait 30 minutes, drink another 16 ounces of clear liquids over 30 minutes.

#### The Day of Your Procedure:

**5 Hours Before Registration Time:** Open the 2<sup>nd</sup> bottle of 12 tablets, repeat the steps listed above. \*Prep must be completed no later than **3 hours** prior to your procedure. **Once completed, stop all liquids**

#### Other Instructions:

- ✓ Regular medications may be taken as directed by our office up to 2 hours prior to appointment and with just enough water to swallow comfortably.
- ✓ No diabetes medications or solid foods until after your procedure.
- ✓ If you are scheduled at Lakewalk Surgery Center, please visit our website at [www.northlandgastro.com](http://www.northlandgastro.com) to view the *Ownership Disclosure* notice to patient.