



Gastro Health & Nutrition

1259 FM 1463, SUITE 500

KATY, TX 77494

Ph (713) 429-4550/ Fax (832) 397-6426



Date:



Location: Memorial Hermann Surgery Center KINGSLAND

21720 Kingsland Blvd. Suite 101, Katy Texas 77450. Ph: 281.492.1234.



A representative from Memorial Hermann Surgery Center Kingsland will contact you the **day before** of the procedure with **pre-registration, time of arrival** and **facility pricing** (If applicable). Please remember **we require 72 HOURS** notice for cancellations or rescheduled appointments. A fee of **\$45.00** will be charged for last minute cancellations.



Arrange for a friend or family member to drive you home after the procedure, as you will still be drowsy from sedation and it is unsafe to drive.



7 Days prior to procedure STOP: Iron supplements, Vitamins containing iron, Fish oil, Vitamin E.

5 DAYS: PLAVIX (Clopidogrel), Effient, Cilostazol

5 DAYS: Warfarin (Coumadin)

3 DAYS: Xarelto

2 DAYS: Eliquis

Aspirin 81 mg hold for 2 days before the procedure.

DIABETIC PATIENTS: Take only $\frac{1}{2}$ of your Insulin dose the evening before. **No** diabetic pill or Insulin the day of your procedure.

THE MORNING OF THE PROCEDURE: Take your high Blood pressure, any heart, lung seizure, and psychiatric medication with a sip of water.

For Colonoscopy, please follow colonoscopy prep instructions.



Colonoscopy Bowel Preparation Instructions

SUTAB



5 DAYS PRIOR to your procedure, eat a **LOW RESIDUE DIET**.

Food to avoid whole grain products, nuts, seed, fruit and vegetables with skin, popcorn, red meat.

1 DAY PRIOR to your procedure, eat only a **CLEAR LIQUID DIET**.

CLEAR LIQUID DIET INCLUDES:



- o Water
- o Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade)
- o Clear carbonated and non-carbonated soft drinks or sports drinks
- o Store-Bought and >99% fat free broth (Chicken, beef, vegetable, or bone broth)
- o Popsicles or gelatin (such as Jell-O) **NO RED OR PURPLE.**
- o Coffee or Tea (without milk or cream)



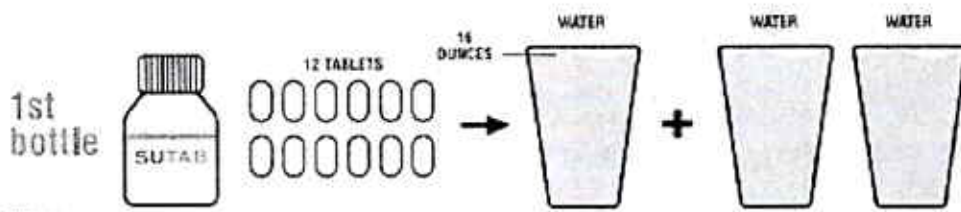
One day before your procedure:

- o DO NOT drink milk
- o DO NOT eat or drink anything colored red or purple
- o DO NOT drink alcoholic beverages

1 DAY PRIOR to your procedure, you should also **TAKE THE COLON PREP MEDICATION.**

1. **YOUR PREPARATION-**
Open 1 bottle of 12 tablets.
2. **DOSE 1- ON THE DAY PRIOR TO COLONOSCOPY** between 6-7 pm the night before your procedure
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 of water over 15 to 20 minutes.

IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating or cramping) pause or slow the rate of drinking the additional water until your symptoms diminish.

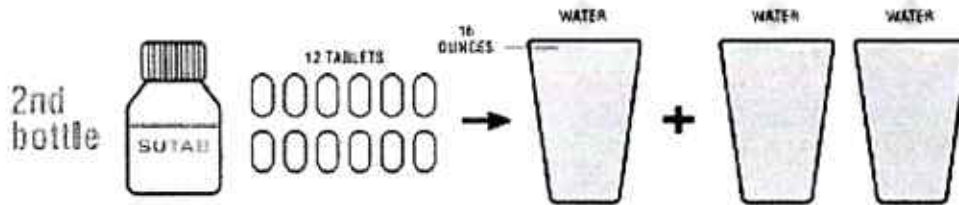


3. **DRINK ADDITIONAL WATER**
Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

4. DOSE 2- DAY OF COLONOSCOPY

The morning of the colonoscopy (6-8 hours prior to the colonoscopy and no sooner than 4 hours from starting Dose 1) Open the second bottle of 12 tablets and repeat STEP 1 to STEP 4 from DOSE 1.

IMPORTANT: You must complete all SUTAB tablets and required water at least 6 hours before colonoscopy



WHAT TO EXPECT

- o You will develop **diarrhea** after drinking the preparation. Plan to be near to a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- o Mild **bloating** and mild **abdominal cramps**. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.
- o A successful colon prep will cause you to have **clear yellow** ("tea-colored") **liquid stools**.
- o Please finish your preparation regardless of your stool color.

IMPORTANT: If your stools are not **clear yellow** ("tea-colored"), you will need to drink 10 oz of Magnesium citrate (lemon flavor). It is available over the counter.



6 HOURS BEFORE your procedure, you should **STOP DRINKING ALL CLEAR LIQUIDS AND MEDICATION**. This means that you should not have anything to eat or drink 6 hours before your colonoscopy.

**COMMERCIALLY INSURED PATIENTS
 PAY AS LITTLE AS \$40
 ON YOUR PRESCRIPTION**
 Patients without insurance may pay as little as \$60.

SUTAB[®]
 (sodium sulfate, magnesium
 sulfate, and potassium chloride)
 Tablets
 1,479 g/0.225 g/0.188 g

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 ON YOUR PRESCRIPTION**
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SUTAB[®]
 (sodium sulfate, magnesium
 sulfate, and potassium chloride)
 Tablets

**BIN: 004652
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Patients can take this card to their pharmacist to
 save on SUTAB[®] tablets. For more information please
 visit www.sutab.com. Terms and conditions apply.
 see back of offer for more details.

