

BOWEL PREPARATION INSTRUCTIONS FOR MORNING SCOPES (SUTAB)-DR BENITEZ
 YOU HAVE BEEN SCHEDULED FOR A DIAGNOSTIC PROCEDURE CALLED COLONOSCOPY TO BE PERFORMED ON

_____ AT _____ ARRIVAL TIME _____

REPORT TO _____ PARKWEST HOSP (MAIN ENTRANCE) _____ FT. LOUDOUN HOSP (ER/REG DESK)
 **** LATE ARRIVAL MAY RESULT IN UP TO A 2-HOUR DELAY IN YOUR PROCEDURE ****

PRE-PROCEDURE INSTRUCTIONS: FOR THIS EXAMINATION YOU MUST FOLLOW A SPECIAL SOFT DIET FOR FIVE DAYS PRIOR TO YOUR PROCEDURE. DO NOT EAT CORN, VEGETABLES, FRUIT, SEEDS, NUTS OR POPCORN.

DAY ONE PREP

- BEGINNING ON _____ YOU MUST STAY ON A CLEAR LIQUID DIET UNTIL YOUR PROCEDURE.
- AT 2:00 PM, YOU WILL START YOUR PREP BY TAKING THREE 5MG DULCOLAX TABLETS AND DRINK A 10 OZ BOTTLE OF MAGNESIUM CITRATE.
- AT 5:00 pm, YOU WILL DRINK A 10 OZ. BOTTLE OF MAGNESIUM CITRATE.

YOU ARE NOW FINISHED WITH YOUR DAY ONE PREP. YOU MAY CONTINUE DRINKING CLEAR LIQUIDS.

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**DAY TWO PREP**

- BEGINNING ON \_\_\_\_\_ YOU MAY HAVE ONLY CLEAR LIQUIDS ALL DAY.
- AT 1:00 P.M. YOU WILL OPEN 1 BOTTLE OF 12 TABLETS.  
 2. FILL THE PROVIDED CONTAINER WITH 16 OZS OF WATER.  
 3. SWALLOW EACH TABLET EVERY 4-5 MINUTES WITH A SIP OF WATER AND FINISH THE ENTIRE AMOUNT OVER 45 MIN - 1 HOUR.  
 4. ONE HOUR AFTER THE LAST TABLET IS SWALLOWED, FILL THE CONTAINER A SECOND TIME WITH 16OZ OF WATER AND DRINK IN 30 MINS.  
 5. APPROXIMATELY 30 MINS AFTER FINISHING THE SECOND CONTAINER OF WATER, FILL THE CONTAINER WITH 16OZ OF WATER AND DRINK OVER 30 MINS.
- AT 7:00 P.M. REPEAT YOUR STEPS AGAIN USING THE SECOND BOTTLE OF TABLETS.
- NOTHING TO EAT OR DRINK AFTER 10 PM.

**DO NOT EAT OR DRINK ANYTHING ON THE MORNING OF YOUR EXAMINATION.** IF YOU HAVE SPECIFIC MEDICAL PROBLEMS SUCH AS SEVERE HIGH BLOOD PRESSURE OR ANGINA, YOU MAY TAKE YOUR MORNING MEDICATION WITH A SMALL SIP OF WATER EARLY ON THE DAY OF YOUR TEST. IF YOU TAKE INSULIN FOR DIABETES, TAKE ½ YOUR USUAL DOSE THE EVENING BEFORE AND HOLD YOUR MORNING DOSE DAY OF YOUR PROCEDURE.

**7 DAYS PRIOR:**

Trulicity  
 Ozempic  
 Mounjaro  
 Bydureon boise  
 Byetta  
 Victoza, Saxenda  
 Adlyxin  
 Rybelsus

**MEDICATIONS TO STOP PRIOR TO PROCEDURE**

**7 DAYS PRIOR:**

Aspirin  
 Effient  
 Fish Oil  
 Flaxseed Oil  
 Supplements  
 Fiber

**5 DAYS PRIOR:**

Iron Supplements  
 Coumadin  
 Warfarin  
 Brilinta  
 Plavix

**3 DAYS PRIOR:**

Pradaxa  
 Eliquis  
 Savaysa  
 Xarelto

**2 DAYS PRIOR:**

Ibuprofen  
 Naproxen  
 Meloxicam  
 Anti-inflammatory

**BRING SOMEONE ALONG WITH YOU TO DRIVE YOU HOME.**

- YOU WILL BE SEDATED FOR THE EXAMINATION. WHILE MOST OF THE EFFECTS OF THE MEDICINE WILL WEAR OFF PRIOR TO YOUR DISCHARGE, WE CANNOT LET YOU LEAVE UNACCOMPANIED. YOU WILL NOT BE ABLE TO DRIVE A CAR THE REMAINDER OF THE DAY.

**IF YOU HAVE ANY QUESTIONS OR HAVE AN EMERGENCY ON THE DAY OF YOUR EXAM, PLEASE CALL OUR OFFICE AT (865)-539-5372 OPTION 2.**

\*\*\* PLEASE BRING I.D., INS. CARDS AND LIST OF CURRENT MEDICATIONS WITH YOU \*\*\*

**(OVER)**

# **CLEAR LIQUID DIET**

## **DAY BEFORE PROCEDURE**

TEA (decaffeinated or regular)  
BLACK COFFEE (NO CREAMER/MILK)  
CARBONATED BEVERAGES (clear or light colored only)  
FRUIT FLAVORED DRINKS  
GREEN TEA  
LEMONADE  
GATORADE (NO RED OR PURPLE)  
POWERADE (NO RED OR PURPLE)  
WATER  
  
BOUILLION (BEEF OR CHICKEN)  
  
JELL-O (NO RED OR PURPLE)  
POPSICLE (NO RED OR PURPLE)  
  
SUGAR  
HONEY  
SYRUP  
HARD CANDY (NO RED OR PURPLE)  
SALT

## **4 DAY PRE-PROCEDURE DIET—FOODS ALLOWED**

MEAT—FISH, CHICKEN, PORK, TURKEY AND GROUND BEEF  
PASTA—NO RED SAUCE  
WHITE RICE  
DAIRY—CHEESE, MILK, PLAIN YOGURT  
EGGS  
WHITE BREAD