

Appointment Info

DATE _____

ARRIVAL TIME _____

- Endoscopy Center of Marin**
1100 S. Eliseo Dr. Suite 3, Greenbrae
Expect to be at the center 90 minutes
- MarinHealth Medical Center**
250 Bon Air Road, Greenbrae
Expect to be at the hospital 2 hours
- Novato Community Hospital**
180 Rowland Way, Novato
Expect to be at the hospital 3 hours

Diabetes Instructions (if applicable)

Oral Medication Instructions

Insulin Schedule

Blood Thinner Instructions (if applicable)

- Continue blood thinner as prescribed
- HOLD for _____ days

SuTab[®]

Preparation for Your Upcoming Colonoscopy

STEP-BY-STEP INSTRUCTIONS:

- Read the information inside carefully
- Get your SuTab[®] prescription filled by your pharmacy (For coupon and additional information, visit www.sutab.com)
- Call your doctor's office with questions well in advance of your procedure



UCSF Health

MarinHealth Gastroenterology | A UCSF Health Clinic
200 Tamal Plaza, Suite 200 Corte Madera, CA 94925
7120 Redwood Blvd. Novato, CA 94945
1-415-925-6900 | www.mymarinhealth.org/gastroclinic

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7 Days Before Your Colonoscopy

- Confirm ride for the day of your procedure
- Pick up the prescription at your local pharmacy
- If you take blood thinners, (Coumadin/warfarin, Plavix/clopidogrel, Pradaxa/dabigatran, Eliquis/apixaban, Xarelto/rivaroxaban) review instructions for holding or continuing prescription (instructions located on back)

Last chance to cancel/reschedule your procedure appointment. Please be aware that the Endoscopy Center of Marin may impose a late cancellation charge of up to \$250.

5 Days Before Your Colonoscopy

- Review diet instructions and plan your meals
- Create a list of your medications and supplements to provide the facility. Include prescription name, dose, and directions
- Create a list of your allergies to provide the facility

3 Days Before Your Colonoscopy

- STOP eating foods with nuts, seeds, or whole grains. (fruits and vegetables with seeds, sesame, etc.)
- Avoid corn, beans, quinoa, and popcorn

2 Days Before Your Colonoscopy

- Increase your fluid intake, drink a minimum of 8 glasses of clear fluids (water preferred)
- Eat well-balanced meals, but continue avoiding nuts, seeds, and whole grains

1 Day Before Your Colonoscopy

“PREP DAY” — DOSE 1

- Have a low residue breakfast BEFORE 10 am (white toast, eggs, yogurt, cream of wheat, smoothies without seeds)
- At 10 am begin a “Clear Liquid Diet.” Clear liquids include water, juice without pulp, soda, black coffee/tea (no milk), electrolyte drinks, Ensure CLEAR, Boost Breeze®, Jell-O, broth, popsicles
- At 6 pm take the first dose of SuTab®.

Take the tablets with water

- **Step 1:** Open 1 bottle of 12 tablets
- **Step 2:** Fill the provided container with 16 oz of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15–20 minutes.

Drink additional water

- **Step 3:** Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 oz of water (up to the fill line), and drink the entire amount over 30 minutes.
- **Step 4:** Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 oz of water (up to the fill line), and drink the entire amount over 30 minutes.

Day of Your Colonoscopy

DOSE 2

- Continue to consume only clear liquids until after the colonoscopy
- The morning of the colonoscopy (at least 6 hours prior to your arrival time), open the second bottle of 12 tablets

Repeat Steps 2–4 from DOSE 1

- **IMPORTANT: You MUST complete your prep and discontinue clear liquids 3 hours prior to arrival time.**
- You should take medications, as prescribed, with sips of water
- BRING THE FOLLOWING:
 1. Photo ID
 2. Insurance Card
 3. Medication List
 4. Allergy List

TIPS:

If you experience nausea or vomiting, rest for 15 minutes, then try to resume prep

Use baby wipes

Use Vaseline or an ointment for diaper rash around the anus before and/or during prep to minimize irritation from passing bowel movements