

Barrington Office  
Suite 312  
(22285 N Pepper Rd, Ste 312,  
Lake Barrington IL, 60010)

Good Shepherd  
West Pavilion  
(450 IL-22, Barrington, IL  
60010)

Northwestern Huntley  
Main Entrance  
(10400 Haligus Rd, Huntley, IL  
60142)

Northwestern McHenry  
Main Entrance  
(4201 Medical Centre Dr, McHenry, IL  
60050)

Physician: \_\_\_\_\_ Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

## COLONOSCOPY USING SUTAB: PLEASE, ONLY FOLLOW THESE DIRECTIONS NOT WHAT IS ON THE BOX

A colonoscopy is a procedure that examines the large intestine with a flexible fiberoptic instrument. The doctor is looking for any abnormalities in the colon and may take biopsies. This procedure takes about 20 to 30 minutes. With intake and recovery however, you must plan to be at the facility for at least 1.5 hours (Barrington) up to 3 hours (hospital).

### IT IS ESSENTIAL THAT...

1. You bring your ID, insurance card and a list of medications (including dosages) to your appointment.
2. You will not be allowed to drive yourself home after the procedure due to the sedation. Therefore, you will need an adult to drive you home. You may **NOT** use public transportation. **If you do not have a ride, your procedure will be cancelled.**

### \*STOP 14 DAYS BEFORE YOUR PROCEDURE:

If you are taking any diet pills such as: Fenfluramine, Dexfenfluramine or Phentermine, stop taking those **2 weeks prior** to your colonoscopy. Failure to stop these medications may result in having to reschedule your procedure the day of.

### \*STOP 7 DAYS BEFORE YOUR PROCEDURE:

If you take GLP-1 Meds- Ozempic, Wegovy, Rybelsus, Trulicity, Byetta, Bydureon BCise, Saxenda, Victoza, Mounjaro or any other weekly injectables for weight loss / diabetes, you must contact your prescriber to stop this medication 7 days before your procedure. You may resume the medication after the procedure. If you have not stopped these medications 7 days prior, your procedure **WILL** be canceled per anesthesia. Daily diabetic medication instructions are under 1 day before/day of procedure section.

### \*STOP 5 DAYS BEFORE YOUR PROCEDURE:

Excedrin, Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Naproxen, Celebrex, Celecoxib, Mobic, Meloxicam, Relafen, Nabumetone. Stop all herbal medications, supplements, and vitamins 5 days prior to your procedure. **\*\*Tylenol is okay to take.**

Blood thinning medications including, Coumadin, Warfarin, Plavix, Xarelto, Pradaxa, Effient, Aggrenox, Eliquis or Brilinta must be stopped prior to your procedure as directed by the prescribing physician. Our office will send a request, but it is ultimately the **patients responsibility** to also know if they are able to be off the blood thinner or not.

**\*\*\*You may continue to take a low dose (81mg) Aspirin.**

### \*STOP SGLT-2 INHIBITOR MEDICATIONS 4 DAYS PRIOR TO YOUR PROCEDURE:

Invokana (Canagliflozin), Farxiga (Dapagliflozin), Jardiance (Empagliflozin), Steglatro (ertugliflozin), Brenzavvy (Bexaglifoxin) Failure to stop these medications **WILL** result in a rescheduled procedure per anesthesia.

**OVER →**

## FOODS TO AVOID 4 DAYS BEFORE YOUR PROCEDURE:

Fresh fruits with seeds, raw vegetables, nuts, popcorn, seeds, whole grain bread, whole grain pasta, lentils, beans and corn. (You may have apples, pears or peaches that are peeled. **Do Not eat the skins.**)

## 1 DAY BEFORE YOUR COLONOSCOPY:

- If you are **diabetic and on oral medication (Metformin, Starlix, Prandin, Glipizide, Tradjenta, Januvia, Nesina, Avandia, Oseni, etc)**: Take only half the usual dose the day BEFORE the procedure. **Do not take** your diabetic medication on the day of your procedure. You may take your medication when the procedure is over and you are able to eat.
- ✓ You will be on a limited diet the entire day. Allowed dairy and liquids listed below.
- ✓ Allowed dairy products: Eggs, milk (including soy, rice or almond), plain cheese (no cottage cheese), vanilla ice cream, plain or vanilla yogurt (without fruit, nuts or granola)
- ✓ Allowed clear Liquids: mineral, bubbly or plain water, Gatorade, apple juice, white grape juice, ginger ale, clear broth or bouillon (without veggies, meats or rice), Jell-o, all carbonated and noncarbonated soft drinks, plain popsicles, coffee and tea. Avoid all liquids or popsicles with red or purple dyes.
- ✓ You must start to hydrate yourself, which means you must start to drink extra fluids.
- ✓ **DO NOT DRINK: tomato juice, orange juice, grapefruit juice, protein, or drinks with fiber in them. NO beer, wine or alcohol is allowed. Nothing with Red or Purple Dyes.**

## AT 6 PM:

- ✓ Open 1 bottle of 12 tablets. Fill the provided cup with water to the fill line. Swallow each tablet with a sip of water and drink the entire amount over 15-20 minutes. If you become uncomfortable, take the tablets and water slower. Approximately 1 hour after the last tablet is swallowed, fill the provided cup to the fill line and drink the entire amount over 30 minutes. Again in 30 minutes drink another cup of water (up to the fill line) for a total of 3 cups of fluid. After you finish the prep, you may only have water or clear liquids (a fluid you can see through). No food, coffee, or Jell-o. It is important to continue to take fluids to stay hydrated.
- ✓ You **MUST** take the second bottle of pills in the morning even if your stool is clear.

## DAY OF COLONOSCOPY:

- ✓ **Start taking the second bottle of pills 5 hours before your test \_\_\_\_\_: \_\_\_\_\_, using the same steps as you did at 6pm. You must be done in 1 and a half hours.**
- ✓ If you experience prep related symptoms like nausea, bloating, or cramping, pause or slow the rate of drinking additional water until the symptoms diminish. You must finish taking your prep at least 3 hours before your procedure time. **Do not eat or drink anything beyond this point.**
- **You may take any medications prescribed for your heart, blood pressure, asthma, seizure disorder or thyroid with a small sip of water 4 hours prior to your scheduled procedure time.**
- **If you are diabetic and on insulin: Test your blood sugar before you come for your colonoscopy. Take only half of your usual dose of insulin on the day of your procedure.**



After you finish this portion of the prep, **you may NOT have any liquids or solids by mouth. NO FOOD, FLUID, GUM, MINTS, OR CANDY IS ALLOWED UNTIL AFTER THE PROCEDURE.** You will be rescheduled if you do not follow these instructions.