


**Bryn Mawr Medical Specialists Endoscopy Center  
SUTAB PM Colonoscopy Preparation**

**Appointment Date:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

7 Days Prior	5 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p><b>Arrange a ride.</b> You will be sedated for this procedure &amp; <u>must</u> have an escort, over the age of 18, to drive you home. You are <u>not</u> permitted to take a cab or Uber home, unless you are accompanied by a responsible adult (family or friend).</p> <p>Please make necessary arrangements or speak with our office regarding ride concerns.</p> <p>You are not permitted to drive, work, exercise, operate equipment or drink alcohol for the remainder of the day, after your procedure.</p> <p><b>If you are diabetic,</b> please inform your Primary Care Physician or Endocrinologist about your scheduled procedure and discuss your diabetic medications. Adjustments to your medications must be made.</p>	<p><b>Stop taking the following medications:</b> Vitamins, Herbal Supplements, Ibuprofen (Advil, Motrin) or Aleve.</p> <p>If you take Aspirin because you have risk factors for coronary artery disease or stroke: <b><u>DO NOT stop Aspirin</u></b></p> <p><b>If you take other blood thinners, such as Coumadin or Plavix, carefully follow the instructions, provided at the time of scheduling, regarding need to hold them. You may be asked to contact your cardiologist for special instructions to hold blood thinners.</b></p> <p><b>Check with your insurance company for the following:</b> -Benefits -Deductible -Co-Pay for outpatient surgery (Your final co-pay responsibility will be determined after your claim is submitted.)</p>	<p><i>*Last Chance to cancel your procedure without a \$100 cancellation fee: physician office (610) 525-9570.</i></p> <p>Review upcoming dietary needs for the next 2 days.</p> <p><b><u>Purchase the following:</u></b> Purchase <b><u>SUTAB</u></b> with prescription.</p> <p>Stop eating nuts, seeds and berries.</p>	<p>Drink at least 8 glasses of water throughout the day.</p> <p>Begin a “<b>Low residue Diet</b>” today (see handout).</p> <p>Please confirm your ride.</p> 	<p>Start “<b>Clear Liquid Diet</b>” (see handout). *No red or purple clear liquids.</p> <p><b>7pm Start - Dose 1</b> <b><u>Step 1</u></b>-Open 1 bottle of 12 SUTAB tablets. <b><u>Step 2</u></b>-Fill provided container with 16oz water (up to fill line). Swallow each tablet with a sip of water, one at a time spaced 1 minute apart, and make sure to <b>DRINK THE ENTIRE AMOUNT OF WATER</b> over 15 to 20 minutes. <b><u>Step 3</u></b>-Approx 1 hr after the last tablet is ingested, fill provided container again with <b>16oz water</b> and <b>DRINK THE ENTIRE AMOUNT</b> over 30 min, <b><u>Step 4</u></b>-Approximately 30 min after finishing the second container of water, fill again with <b>16oz water</b> and <b>DRINK THE ENTIRE AMOUNT</b> over 30 min.</p> <p>If you vomit the preparation, please call the Physician on call at (610) 526-0881.</p>	<p>Take your heart and blood pressure medications</p> <p>At <b>6am</b> Start Dose 2 Repeat Step 1 to Step 4 from Dose 1.</p> <p><b>The bowel prep <u>must</u> be completed 4 hours prior to your arrival time. <u>Then nothing by mouth.</u></b></p> <p>No Cannabis use of any form after midnight.</p> <p>Be sure to bring your completed paperwork, current insurance card and photo ID with you.</p> <p>Your driver must be present in the endoscopy suite, at the time of discharge.</p> <p>Bryn Mawr Medical Specialists Endoscopy Center is located in Suite 330 of the <b><u>Bryn Mawr Medical Arts Pavilion</u></b> at 825 Old Lancaster Road, Bryn Mawr- <b><u>NOT</u></b> at Bryn Mawr Hospital.</p>

**\*\*Please See the Attached Important Information Regarding Your Procedure\*\***

Rev. 5/2023