

SuTab Preparation

PLEASE READ ENTIRE PACKET



CARSON ENDOSCOPY CENTER

1385 Vista Lane Carson City, NV 89703

775-884-4567

Patient Name: _____ **Procedure Date:** _____

Check-In Time: _____ **Appointment Time:** _____

Preparing for your colonoscopy

Preparation at a glance:

- Five days before your colonoscopy, eat only low-fiber foods. **Also, stop taking any vitamins or supplements (oral/liquid) and anti-diarrheal medication.** Make sure you have purchased the prescription/over the counter laxative that you will need for your procedure.
- One day before your procedure, begin a clear-liquid diet.
- The evening before, drink half of the prescription/ over the counter laxative drink to clean out your colon for the procedure. You will drink the second half the day of your procedure.

Important: Please arrange for a driver and have them check-in with you. Your test will have to be rescheduled if you don't have someone to accompany you home. If you do not have a driver, let us know as soon as possible. We can help you arrange a driver.

If you need to cancel your procedure, you must cancel 5 business days (1 week) in advance to avoid a \$250 late cancellation fee. Call 775-884-4567

Five days before your procedure

Start preparing five days before your colonoscopy. For example, if your colonoscopy is scheduled for Wednesday, you would start the low-fiber diet Friday morning.

Please review **ALL** of the information included in your packet:

[Low-fiber food chart](#)

[Clear Liquid Chart](#)

[Diabetic/Weight Loss Medications](#)

- **Stop taking any vitamins or supplements (oral/liquid) and anti-diarrheal medication.** Eat only low-fiber foods, and avoid foods that contain red, blue or purple dyes that may interfere with the test. If you are taking medication for diabetes and/or cardiac conditions, follow the instructions you have received for managing those medications or select the link below for instructions. If you have developed new medical conditions, including heart or lung problems, notify us immediately. Our number is 775-884-4567.
- Confirm that a family member or friend is available to drive you home after your procedure and to stay with you for two hours afterward.

One day before procedure

- Drink only clear liquids or certain light-colored beverages. [Clear Liquid Chart](#)
- Do not eat solid foods.
- You will drink half of the laxative drink today, starting in the late afternoon.
- Do not use alcohol, marijuana, or other substances that could impair your thought process.
- Drink at least 8oz of liquid every hour during the day before your colonoscopy (in addition to the laxative drink) to prevent dehydration, it is recommended to drink more than this to prevent dehydration. See examples of what liquids you may drink and what to avoid: [Clear Liquid Chart](#)
- Mix your laxative drink and start drinking it, following the instructions below or a handout from the medical center. You will need up to 6 hours to complete the laxative drink and finish bowel movements.

Day of the colonoscopy

If your procedure is in the morning, you may need to get up earlier than usual to finish drinking the laxative.

- Complete the rest of the laxative 3 hours before you leave home for the procedure. Be sure to follow the instructions for the laxative your provider prescribed for you.
- You must finish drinking any other beverage at least 3 hours before your appointment time. This means that you need to calculate what time you need to get up so you have time to finish the prep drink 4 to 5 hours before leaving home.

The other liquids you may drink are the same as you had the day before your procedure. See the [clear liquid chart](#).

Remember **NOT** to drink any liquids or have **ANYTHING** by mouth starting three (3) hours before your scheduled procedure time. **No chewing gum or tobacco chew are allowed the day of your procedure.**

You must have someone to take you home after your colonoscopy and stay with you for at least two hours.

Do not use alcohol, marijuana, or other substances that could impair your thought process prior to your appointment.

Do not drink alcohol, drive a car, or sign legal documents until the day after your procedure.

After your procedure

You will receive discharge instructions from your nurse after the procedure, including an after-visit summary with the results.

If tissue was removed, you will get a letter or phone call within 14 days of your procedure with those results.

There is a very small risk of bleeding after a colonoscopy for up to two weeks. You should be within a two-hour drive of a medical center for two weeks following your colonoscopy and avoid traveling outside of the United States during this time period.

Sutab Bowel Preparation Instructions

Bowel preparation for a colonoscopy actually starts up to **1 week before**, when you should stop taking certain medications or supplements and begin a low fiber diet. Please carefully read all your Provider's instructions at least 1 week before your exam.

Please REVIEW ALL INCLUDED documents in this packet

Key instructions

- Your bowel must be empty so that your doctor can clearly view your colon. Follow all the instructions in the handout.
- DO NOT eat solid food the entire day before your colonoscopy. Drink only clear liquids.
- DO NOT have any liquids or anything by mouth starting three (3) hours before your procedure time.

Please purchase your bowel preparation supplies **1 WEEK BEFORE** your colonoscopy. Sutab is a prescription laxative and must be picked up from your Pharmacy.

Dose 1 – On the Day Prior to Colonoscopy at 4 pm

- **Step 1:** Open 1 bottle of the 12 tablets
- **Step 2:** Fill the provided container with 16 ounces of water (up to the fill line). Swallow each of the twelve tablets with sips of water and drink the entire amount of water over 15 to 20 minutes
- **Step 3:** 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
- **Step 4:** Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes
(It will take 3 hours to complete each dose)

Dose 2 – On the Day of Your Procedure 6 hours prior

- Continue to consume only clear liquids.
- Open the remaining bottle of tablets and follow the same steps as Dose 1.

IMPORTANT INFORMATION BELOW

- Please remember to arrive at Carson Endoscopy Center one (1) hour before your scheduled procedure time.
- Please remember to have a responsible driver with you.
- Please remember NOT to drink any liquids or have ANYTHING by mouth starting three (3) hours before your scheduled procedure time.

Clear Liquid Diet for Colonoscopy

One day before, and the day of, your colonoscopy, you will be on a clear liquid diet. The chart below shows examples of drinks you can include, and what to avoid. Please do not eat any solid food until after your colonoscopy.

Please drink 8 Oz fluids every hour. Hydration is very important to achieve a great colon cleanse.

YES – OK to drink	NO – Avoid These
<ul style="list-style-type: none">• Water• Tea and black coffee but NO milk or creamer• Boost Breeze Tropic Juice drink• Premier Protein Clear Drink• Ensure Clear Nutritional Drink• Clear, light-colored juices such as apple, white grape, lemonade. No pulp.• Clear broth. NO vegetable or meat particles• Soda• Sports Drinks (Gatorade, Propel)• Popsicles• Jello	<ul style="list-style-type: none">• Alcoholic beverages• Milk or Cream• Milkshakes• Orange, grapefruit or tomato juice• Soup• Cooked cereal• Red or purple liquids

Low Fiber Food Chart

Please follow a low fiber diet for 5 days prior to your colonoscopy.

Type of Food or Drink	Yes – Ok to Drink	No – Avoid These
Milk and dairy	OK to eat: <ul style="list-style-type: none">• Milk• Cream• Hot chocolate• Buttermilk• Cheese, including cottage cheese• Yogurt• Sour cream	NO yogurt mixed with: <ul style="list-style-type: none">• Nuts, seeds, granola• Fruit with skin or seeds (such as berries)
Bread and grains	OK to eat: <ul style="list-style-type: none">• Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta)• White rice• Plain crackers, such as Saltines• Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)	NO whole grains or high-fiber: <ul style="list-style-type: none">• Brown or wild rice• Whole grain bread, rolls, pasta, or crackers• Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal)• Bread or cereal with nuts or seeds
Meat	OK to eat: <ul style="list-style-type: none">• Chicken• Turkey• Lamb• Lean pork• Veal• Fish and seafood• Eggs• Tofu	NO tough meat with gristle

Legumes	None allowed	NO: <ul style="list-style-type: none"> • Dried peas (including split or black-eyed) • Dried beans (including kidney, pinto, garbanzo/chickpea) • Lentils • Any other legume
Fruits	OK to eat: <ul style="list-style-type: none"> • Fruit juice without pulp • Applesauce • Ripe cantaloupe and honeydew • Ripe, peeled apricots and peaches • Canned or cooked fruit without seeds or skin 	NO seeds, skin, membranes; or dried fruit: <ul style="list-style-type: none"> • Raw fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon) • Any cooked or canned fruit with seeds or skin • Raisins or other dried fruit
Vegetables	OK for some if cooked or canned: <ul style="list-style-type: none"> • Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips) • Potatoes without skin • Cucumbers without seeds or peel 	NO raw, skin, seeds, peel; or certain other vegetables: <ul style="list-style-type: none"> • Corn • Potatoes with skin • Tomatoes • Cucumbers with seeds and peel • Cooked cabbage or Brussels sprouts • Green peas • Summer and winter squash • Lima beans • Onions
Nuts, nut butter, seeds	OK to eat: <ul style="list-style-type: none"> • Creamy (smooth) peanut or almond butter 	NO nuts or seeds: <ul style="list-style-type: none"> • Nuts including peanuts, almonds, walnuts • Chunky nut butter • Seeds such as fennel, sesame, pumpkin, sunflower

Fats and oils	<p>OK to eat:</p> <ul style="list-style-type: none"> • Butter • Margarine • Vegetable and other oils • Mayonnaise • Salad dressings made without seeds or nuts 	NO salad dressing made with seeds or nuts
Soups	<p>OK to eat:</p> <ul style="list-style-type: none"> • Broth, bouillon, consomme, and strained soups • Milk or cream-based soup, strained 	<p>No:</p> <ul style="list-style-type: none"> • Unstrained soups • Chili • Lentil soup • Dried bean soup • Corn soup • Pea soup
Desserts	<p>OK to eat:</p> <ul style="list-style-type: none"> • Custard • Plain pudding • Ice cream • Sherbet or sorbet • Jell-O or gelatin without added fruit or red or purple dye • Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts 	<p>NO:</p> <ul style="list-style-type: none"> • Coconut • Anything with seeds or nuts • Anything with added red or purple dye • Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts
Drinks or beverages	<p>OK to eat:</p> <ul style="list-style-type: none"> • Coffee • Tea • Hot chocolate or cocoa • Clear fruit drinks (no pulp) • Soda and other carbonated beverages • Ensure, Boost, or Enlive without added fiber 	<p>NO:</p> <ul style="list-style-type: none"> • Fruit or vegetable juice with pulp • Beverages with red or purple dye

Other

OK to eat:

- Sugar
- Salt
- Jelly
- Honey
- Syrup
- Lemon juice

NO:

- Coconut
- Popcorn
- Jam
- Marmalade
- Relishes
- Pickles
- Olives
- Stone-ground mustard

Diabetic/Weight Loss Medication Instructions for Colonoscopy Preparation

You may need to alter your diabetes medications several days before your colonoscopy.

If you have Type 1 Diabetes, please review your medication instructions here.

If you have Type 2 Diabetes, please find your medication(s) on the list below and follow the instructions provided. Contact our office if your medication is not listed here or if you use an insulin pump.

1 week before your colonoscopy

- If you are taking dulaglutide (Trulicity), tirzepatide (Mounjaro), Wogevy, semaglutide (Ozempic), Rybelsus, or Phentermine please make sure that your last dose was a week before your scheduled procedure.

2 days before your colonoscopy

- If you take empagliflozin (Jardiance), Farxiga, or empagliflozin-metformin (Synjardy), stop taking this today until the day after your procedure.

Day before your colonoscopy

- You won't be eating any solid foods today. Please review instructions for what you can eat and drink.
- Starting first thing in the morning, check your blood sugars every 4 hours if you can.
- Your blood sugar may drop more quickly than usual today because you can't eat solid foods. If you have symptoms of low blood sugar:
 - Treat with sugar or glucose tablets
 - Call our office with any questions

Type of Medication	Morning Dose	Afternoon or Evening Dose
Oral	Metformin (Glucophage), pioglitazone (Actose), linagliptin (Tradjenta) : Take your usual dose	Metformin (Glucophage): Take your usual dose
	Glipizide (Glucotrol): Take ½ your usual dose	Glipizide (Glucotrol): Take ½ your usual dose
	Empagliflozin (Jardiance or Synjardy): DO NOT TAKE	
Injected non-insulin: liraglutide (Victoza)	Take your usual dose	
Long-acting insulin: glargine (Lantus)	Take ½ your usual dose	Take ½ your usual dose
Intermediate-acting insulin: NPH, Humulin N, Novolin N	Take ½ your usual dose	Take ½ your usual dose
Rapid/short-acting insulin: lispro (Humalog), Humulin R, Novolin R	Take ½ your usual dose	Take ½ your usual dose
Premixed insulin: Humulin 70/30, Novolin 70/30, Novolog	Take ½ your usual dose	Take ½ your usual dose

70/30, Humulin 50/50, Humalog 75/25		
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Day of your colonoscopy

Before your appointment:

- Check your blood sugar after you complete the preparation solution.
- Follow the instructions below for your morning dose.

After your procedure:

- Eat a light meal.
- Take your usual afternoon or evening dose.

Day of colonoscopy medications instructions

Type of Medication	Morning Dose
Oral	Metformin (Glucophage), pioglitazone (Actos), linagliptin (Tradjenta): Take your usual dose Glipizide (Glucotrol), empagliflozin (Jardiance): DO NOT TAKE
Injected non-insulin: liraglutide (Victoza)	Take your usual dose
Long-acting insulin : glargine (Lantus)	If blood sugar is over 150: Take ½ usual dose If blood sugar is under 150: DO NOT TAKE
Intermediate-acting insulin: NPH, Humulin N, Novolin N	If blood sugar is over 150: Take ½ usual dose If blood sugar is under 150: DO NOT TAKE
Rapid/short-acting insulin: lispro (Humalog), Humulin R, Novolin R	DO NOT TAKE
Premixed insulin: Humulin 70/30, Novolin 70/30, Novolog 70/30, Humulin 50/50, Humalog 75/25	If blood sugar is over 150: Take ½ usual dose If blood sugar is under 150: DO NOT TAKE

DRIVER RESPONSIBILITIES

PLEASE GIVE TO YOUR DRIVER PRIOR TO YOUR PROCEDURE

To provide the very best in care to our patients, we ask that you (the driver) and the patient adhere to the following:

- You (the driver) need to stay within twenty (20) minutes of the facility. We may contact you on your cell phone when the procedure is complete. If you have no cell phone, then you must stay on-site throughout the procedure.
- If the patient is scheduled for a procedure at 1:00 pm or later, you must stay on-site throughout the procedure.
- If the patient is having an EGD (Upper Endoscopy) or Sedated Flexible Sigmoidoscopy, you must stay on site throughout the procedure due to the short nature of the procedure. **NO EXCEPTIONS WILL BE MADE.** In addition, you may miss the opportunity to speak with the physician about the procedure results.
- You and the patient should discuss if you can come into the center after the procedure to get a report from the physician.
- You will be given discharge paperwork which needs to go to the patient after they are at home. Please place these papers in an easy to find location (kitchen counter, next to the bed, etc.)
- Please do not drop off the patient anywhere except for home or a safe alternative. Also, you may take the patient for a meal after the procedure, but we ask you do not go shopping or run errands. The patient will be sleepy and forgetful.
- To be considerate of our patients who are fasting, we do not provide refreshments in our waiting room.

Thank you for your cooperation!

Please call the center if you have any questions.

Patient Ride Information Procedures

RSVP

Contact Number: 775-687-4680

Seniors Helping Seniors

Contact Number: 775-622-8008 No same day service
Able to accommodate Reno, Sparks, and Carson Areas

Don't Drive

Contact Number: 775-393-9734 \$50.00 Cost Same Day Service Ride Share Service that uses the patient's car to drive them home

Med Express

Contact Number: 775-858-3300 Cost: \$30 for the first 10 miles then \$5 a mile, \$40 for wheelchairs
Same Day Service Rates increase if out of Reno/Sparks Area

MTM

Contact Number: 844-879-7341 Medicaid Patients Only No Same Day Service

Medivan

Contact Number: 702-941-3020 No Same Day Service Medicaid Patients Only

JAC Assist

Contact Number: 775-841-7433 Fill out application online

Kerry @ Helping Hands

Contact number: 208-490-1887 Can assist with some patients from Yerington



NO CALL/NO SHOW & LATE CANCEL POLICY

Created: June 6, 2023

FIRST NO CALL/NO SHOW FOR OFFICE VISIT OR PROCEDURE: Patient cannot be scheduled again for 6 months. Fee needs to be paid prior to reschedule.

TWO CONSECUTIVE NO CALL/NO SHOWS: Patient to be discharged from clinic. Letter to be sent. Patient may come back to clinic a year later from date of last No Show. Fees will need to be collected prior to scheduling again.

LATE CANCEL: Call to cancel with less than 24 hours notice. Fee needs to be paid prior to reschedule.

FEES DUE

NO CALL/NO SHOW FOR CLINIC: \$75

NO CALL/NO SHOW FOR PROCEDURE CENTER: \$250

LATE CANCEL FOR CLINIC: \$50

CEC PROCEDURE CANCELLATION WITHIN 5 BUSINESS DAYS OF SCHEDULED PROCEDURE: \$250

Carson City Gastro will now be requesting a credit card on file for each patient. If a fee is due to the clinic or CEC for a no show or late cancellation, the credit card on file will be run for the amount due.