

# Colonoscopy with SuTab Prep

## Colonoscopy Preparation Timeline

Check boxes  as you progress!



### 21 Days Before or ASAP: *Purchase/ Pick up items for SuTab Prep*

#### **Pick up prescription at your local pharmacy:**

- Fill your prescription for SuTab Prep at your local pharmacy.
- Please call our office at (612) 871-1145 if you did not receive a prescription.



### 7 Days Before:

- STOP** taking fiber and iron supplements.
- If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.



### 3 Days Before:

- Begin Low-Fiber diet (10-15 g/day.) **AVOID** seeds, nuts, popcorn, corn, whole grains, quinoa, fruit, etc.

For additional details on following a low fiber diet, please visit [www.mngi.com/conditions/low-fiber-diet](http://www.mngi.com/conditions/low-fiber-diet)

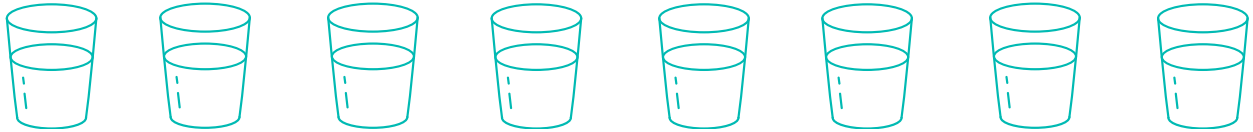


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## 2 Days Before:

- ❑ Continue low fiber diet.
- ❑ Drink at least 8 (8 oz) glasses of water throughout the day.
- ❑ **STOP** eating solid foods **at 11:45 PM.**



## 1 Day Before:

- ❑ Begin clear liquid diet. No solid food. **NO** alcohol, red liquids, dairy, oils, pulp, etc.  
**For additional details on following a clear liquid diet, please visit:**  
<https://www.mngi.com/conditions/clear-liquid-diet>
- ❑ At **4 PM**, open 1 bottle of 12 tablets and fill the provided container with 16 ounces of water (up to the fill line).
- ❑ Swallow each tablet with a sip of water and drink the entire amount over 15-20 minutes.
- ❑ **1 hour after the last tablet is ingested**, fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.
- ❑ **30 minutes after finishing the second container of water**, fill the provided container a third time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.





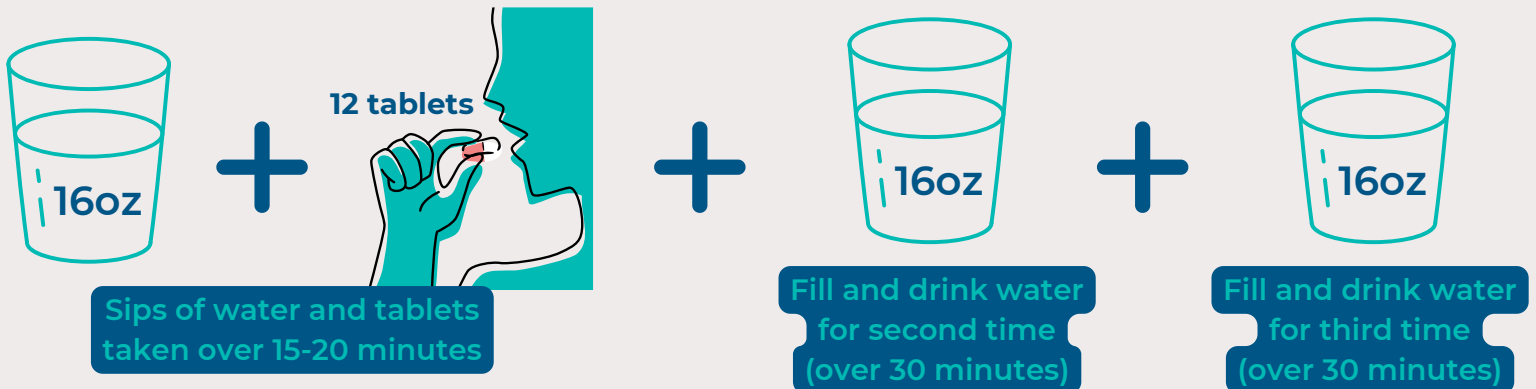
## Day of Procedure:

- ❑ Clear liquid diet **ONLY**.
- ❑ Take your morning medications with sips of water **at least 3 hours prior** to your procedure.
  - This includes heart and blood pressure medications, blood thinners (if you have not been told to stop these by our office), methadone, and anti-seizure medications.
  - DO NOT take any chewable vitamins or supplements.
- ❑ **DO NOT** use chewing tobacco, THC, Marijuana, or illicit drugs.



## 6 Hours Before:

- ❑ Open 1 bottle of 12 tablets and fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount over 15 to 20 minutes.
- ❑ **1 hour after the last tablet is ingested**, fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.
- ❑ **30 minutes after finishing the second container of water**, fill the provided container a third time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.



## 3 Hours Before:

- ❑ **STOP** consuming all liquids. **NOTHING BY MOUTH** until after the colonoscopy.  
Ensure stool is clear liquid **ONLY** before your appointment.  
If uncertain, contact our office at 651-871-1145.



## Additional Information:

- **Medication Adjustments:** If taking GLP-1 agonists (Ozempic, Weygovy, Trulicity, Rybelsus, Saxenda, Byetta, or others) or SGLT-2 inhibitors (Invokana, Farxiga, Jardiance, Steglatro,) follow specific holding guidelines.  
<https://www.mngi.com/important-announcement-patients-having-procedure>
- **Colon Cleansing Tips:** Stay well hydrated, remain near a toilet, and continue drinking the prep solution every 15 minutes. You may want to keep the solution chilled but do not add ice. You may also consider using a straw.
- **Appointment Changes:** Reschedule if experiencing flu-like symptoms or you have newly diagnosed medical conditions.
- **Responsible Person Requirement:** Ensure you have a companion with you for check-in, discharge, and transportation.
- **How will I know I'm ready?** When you are finished with your prep you should not have any solid stool, only clear liquid stool. You should be able to see to the bottom of the toilet bowl. If you are unsure whether your colon is cleaned out, please call our office at 612-871-1145 before you leave for your appointment.
- **Questions?** For answers to frequently asked questions about your colonoscopy prep and visit. <https://www.mngi.com/colonoscopy-faqs>