

## Clear Liquids List

A clear liquid is anything you can see through

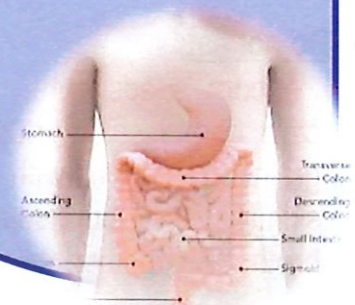
- ◆ Water
- ◆ Clear juices without pulp (white grape, apple) No purple grape juice
- ◆ Lemonade
- ◆ Yellow or white Gatorade
- ◆ Clear soda (Ginger ale, 7-up, Sprite, Sierra Mist)
- ◆ Black Coffee & Tea (no milk or sugar)
- ◆ Popsicles (Not red or purple)
- ◆ Jell-O (Yellow or orange)
- ◆ **No soup or soup broth**

## Speak with your primary care physician if you:

- ◆ Are taking Coumadin (warfarin), Plavix (clopidogrel), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), or over-the-counter medications like aspirin, vitamin E, or other anti-inflammatory medications.
- ◆ Have diabetes and take insulin. You may need to have your insulin adjusted the day before and the day of the procedure. Please bring your diabetes medication with you so you can take it after the procedure if needed.
- ◆ It is important to continue to take all other prescribed medications. On the day of the procedure, please take your prescribed medicines with a sip of water.



## SUTAB® Bowel Prep Instructions 2 Day Regimen



## Taking the Prep Solution:

- You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.
- A successful colon prep will cause you to have clear yellow ("tea-colored") liquid stools.
- Please finish your preparation regardless of your stool color.

## General Information

- ◆ You will receive a call 2 days prior to your exam with your appointment time.
  - ◆ Stay home once you begin your prep.
- ◆ Arrive to the main entrance where the hospital greeter will direct you to the endoscopy suite.

## Have Questions? Contact Us

- ◆ You may reach the surgeons office Monday through Friday, 8AM to 4PM at **834-3060**.
- ◆ You may reach the Surgical Services Department Monday through Friday 8 AM to 4 PM at **834-1674**.



Northern Maine Medical Center  
194 East Main Street



# Department of Surgical Services

## Endoscopy Prep Procedure



**✓ REMEMBER:**

- Do not eat:  
Popcorn, seeds, nuts, corn, beans, salad, multi-grain bread, foods with skin, cheese, soup, soup broth, or high fiber foods
- Stop all bulk forming agents (Metamucil, Citrucel, Perdiem)

- Do not take aspirin, anti-inflammatory medications, vitamin E, vitamin D or fish oil unless directed by your doctor.
- Do not take iron-containing preparations (such as multivitamins with iron). These products make it more difficult for the doctor to see the inside of the colon.

**EAT NO FOOD**

- Two bottles of SUTAB® are required for a complete colonoscopy prep.
- Dose 1:** At 4PM, begin taking tabs. 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 of water over 20 to 30 minutes
- One hour after last tab, drink another 16oz of water in its entirety.
- 30 minutes after, drink another 16oz of water in its entirety

**Dose 2:** Continue clear liquids.

- 6 hours prior to procedure, begin taking tabs. 1 tab every 1-2 minutes with a sip of water. All 12 tabs should be taken within 20 to 30 minutes and spaced apart.
- One hour after last tab, drink another 16oz of water in its entirety.
- 30 minutes after, drink another 16oz of water in its entirety.

**Do not drink anything 4 hours prior to procedure time.**

**Important Prior to Your Exam**

If you experience chest pain, shortness of breath, cold or flu like symptoms or have started a new course of antibiotics, please contact the OR at 834-1674 during the week 8am to 4pm or the Nursing Supervisor at 834-1617 prior to starting your prep.

**IMPORTANT**

You must complete all SUTAB® tablets and required water at least 4 hours before colonoscopy.

