DIGESTIVE HEALTHCARE OF GEORGIA, P.C.

COLONOSCOPY PREPARATION

SUTAB | Patient Instructions

Today's Date: _____	**Patient:** _____
Doctor: _____	**Scheduled Date of Procedure:** _____
Check-In Time: _____	**Scheduled Procedure Time:** _____

Location & Parking

Digestive Healthcare Endoscopy Center
3280 Howell Mill Road NW, Suite T-150
Atlanta, GA 30327

Please Park in the open-air parking lot on the north side of the building. Enter through the Digestive Healthcare of Georgia Outpatient Procedures entrance.

Please scan QR Code or link below for directions to Endoscopy Center Parking

https://maps.google.com/?q=33.843999,-84.429216

Cancellation Policy

- To avoid a $250 cancellation/no-show fee, cancellations must be made at least 72 business hours in advance.
- Failure to follow these instructions may result in delay or cancellation of your procedure.

Important Pre-Procedure Instructions

- Begin a CLEAR LIQUID DIET the day before your procedure.
- Clear liquids and medications (unless otherwise instructed) can be taken up to 3 hours before your procedure.
- Nothing solid by mouth (including gum, mints, cough drops, ice chips, etc.) after midnight the night before the procedure
- Females ages 18-55 will be asked to provide a urine sample for a pregnancy test.
- Please be aware that there is a remote risk of injury to your native teeth or to dental work which is beyond our control. Because of this, you will be asked to sign a consent which states that you understand this risk and are willing to proceed.

Transportation

A RESPONSIBLE ADULT DRIVER IS REQUIRED

You must arrange for a responsible adult to drive you home.
Your driver may wait in the waiting area or return to pick you up later.

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Understanding a Colonoscopy

A colonoscopy is the most effective method for detecting colon polyps and cancer. Using a flexible tube called a colonoscope, the doctor examines the lining of your large intestine and rectum. If abnormalities are found, they may be removed for biopsy.

Bowel Preparation: Why It Matters

A clean bowel ensures a thorough and complete exam. If your bowel is not properly prepped, your procedure may need to be repeated.

SPLIT-DOSE PREP

- Half of the prep solution is taken the night before.
- The other half is taken the morning of the procedure.
- Recommended prep solutions: Plenvu, Clenpiq, Suprep, Golytely. Avoid Suprep if you have heart or kidney issues.
- Do NOT follow instructions on the prep box that suggest taking it all the night before. It is less effective.
- If early morning prep is a concern, schedule your colonoscopy for later in the day.

Pre-Procedure Checklist

- **Diabetes:** Consult your doctor for medication and diet restrictions. Do not take oral diabetes medication on procedure day. Bring insulin and syringes if applicable.
- **Blood Thinners:** Do NOT stop daily Aspirin or NSAIDs. Inform your gastroenterologist about these medications. If taking blood thinners such as Coumadin, Plavix, or Pradaxa, clearance must be obtained from your prescribing physician prior to completing your procedure.
- **Other Medications:** Continue as directed by your doctor.
- **Pregnancy:** Discuss risks and benefits with your doctor.
- **Transportation:** Arrange for a responsible adult to drive you home post-procedure.
- **Special Needs:** Notify the office if you have a pacemaker, internal defibrillator, latex allergy, need an interpreter, or allergies to eggs, nuts, or soy.

Preparation Guidelines

The Day Before Your Exam

- Stop solid food consumption at midnight, two nights before your procedure.
- Clear liquids only, such as water, Gatorade, clear broth, black coffee, and apple juice.
- Avoid red, orange, and purple liquids and alcohol.

The Day of Your Exam

- Take usual medications with only 4 oz. of water at least 3 hours prior to the procedure.
- Wear comfortable clothing and closed-toe shoes. No flip-flops, sandals, or backless shoes.
- Remove all jewelry before arrival.
- Expect to spend up to two hours at the center.

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Clear Liquid Diet Guide

Avoid all red, orange, and purple liquids and avoid alcohol.

SOUP	Clear broth or bouillon
BEVERAGES	Coffee without milk or cream; tea; carbonated beverages such as Sprite or Coca-Cola; Gatorade; Powerade; Kool-Aid, with no red, purple, or orange colors
FRUIT JUICE	Apple juice and white grape juice, without pulp
SEASONING	Lemon juice or honey for tea; sugar for coffee
DESSERTS / SWEETS	Popsicles, fruit-flavored ices, flavored gelatin, hard candy, and Jell-O, with no red, purple, or orange colors

FINAL REMINDER

- Follow the split-dose timing given by your care team.
- Clear liquids, including the prep solution, are allowed up to three hours before your procedure.
- Nothing by mouth during the final three hours before your procedure, including gum, mints, cough drops, ice chips, or liquids.
- A responsible adult must drive you home.

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SUTAB COLONOSCOPY PREP

Split-Dose Preparation Instructions

Review this preparation schedule for the days before your procedure. Contact the office if you need further assistance.

1 WEEK BEFORE	1 DAY BEFORE
Pick up SUTAB: Fill your prescription. Call the office if you did not receive one. **Diabetes:** Ask your regular doctor for diet and medication instructions. **Pregnancy / breast-feeding:** Discuss risks and benefits with the prescribing physician.	**Clear liquids:** Consume only clear liquids. No red, orange, or purple liquids. **Avoid:** No milk, alcohol, or other laxatives while taking SUTAB. **Oral medications:** Do not take within 1 hour before starting each SUTAB dose. **Prep:** Complete the split dose as instructed below

DOSE 1

Start at 5:30 PM the evening before your procedure

- Open 1 bottle of 12 tablets.
- Fill the provided container with 16 ounces of water, up to the fill line.
- Swallow each tablet with a sip of water. Finish all 12 tablets and the full 16 ounces of water over 15 to 20 minutes.
- About 1 hour after the last tablet, drink another 16 ounces of water over 30 minutes.
- About 30 minutes later, drink a third 16 ounces of water over 30 minutes.

DOSE 2

Start at _____ the day of your procedure

- Open the second bottle of 12 tablets.
- Repeat every tablet-and-water step from Dose 1, including both additional 16-ounce containers of water.
- Complete all tablets and required water at least 3 hours before the colonoscopy.

COMFORT & SAFETY NOTES

Expected effects and what to do

- If nausea, bloating, or cramping occurs, pause or slow the additional water until symptoms diminish.
- Contact your healthcare provider for significant vomiting, dehydration, cardiac arrhythmias, or seizures.
- Medication taken by mouth may not be absorbed properly within 1 hour before each SUTAB dose.

FINAL 3-HOUR SAFETY WINDOW

- Complete all SUTAB tablets and required water at least 3 hours before your procedure.
- Stop drinking liquids. Nothing may be taken by mouth within 3 hours of your procedure or the procedure may be delayed.

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SPLIT-DOSE PREP SCHEDULE

Use your procedure time to identify every preparation milestone

PREPARATION TIMELINE

Procedure Time	Arrival Time	Dose 1 Evening Before	Dose 2 Morning Of	Nothing by Mouth After
7:00 AM	6:00 AM	5:30 PM	2:00 AM	**4:00 AM**
7:30 AM	6:30 AM	5:30 PM	2:30 AM	**4:30 AM**
8:00 AM	7:00 AM	5:30 PM	3:00 AM	**5:00 AM**
8:30 AM	7:30 AM	5:30 PM	3:30 AM	**5:30 AM**
9:00 AM	8:00 AM	5:30 PM	4:00 AM	**6:00 AM**
9:30 AM	8:30 AM	5:30 PM	4:30 AM	**6:30 AM**
10:00 AM	9:00 AM	5:30 PM	5:00 AM	**7:00 AM**
10:30 AM	9:30 AM	5:30 PM	5:30 AM	**7:30 AM**
11:00 AM	10:00 AM	5:30 PM	6:00 AM	**8:00 AM**
11:30 AM	10:30 AM	5:30 PM	6:30 AM	**8:30 AM**
12:00 PM	11:00 AM	5:30 PM	7:00 AM	**9:00 AM**
12:30 PM	11:30 AM	5:30 PM	7:30 AM	**9:30 AM**
1:00 PM	12:00 PM	5:30 PM	8:00 AM	**10:00 AM**
1:30 PM	12:30 PM	5:30 PM	8:30 AM	**10:30 AM**
2:00 PM	1:00 PM	5:30 PM	9:00 AM	**11:00 AM**

IMPORTANT SAFETY REMINDERS

NOTHING BY MOUTH MEANS NOTHING TO EAT OR DRINK

- This includes gum, mints, cough drops, and ice chips.
- You may take usual medication with up to 4 oz. of water at least 3 hours before the procedure.
- Failure to follow these instructions may result in a delayed or canceled procedure.

DIGESTIVE HEALTHCARE OF GEORGIA, P.C.

Cancellation and No-Show Policy

To ensure that appointment and procedure times remain available to all patients, Digestive Healthcare of Georgia may assess a **$250 fee** for procedures cancelled with less than **72 business hours' notice**. This charge is the patient's financial responsibility and will not be submitted to the patient's insurance carrier.

Billing & Insurance

BRING
Photo ID and insurance cards Any required referral forms Co-pay (due at check-in)

IF SELF-PAY OR INSURANCE DOESN'T COVER
Credit Card (Visa or MasterCard only) OR Two separate checks (one for the physician, one for the Endoscopy Center)

YOU MAY RECEIVE SEPARATE BILLS FOR
Physician services Endoscopy Center services Anesthesia (if applicable) Lab/pathology services (if biopsies are taken)

Questions or Special Needs

BILLING QUESTIONS	SCHEDULING OR SPECIAL NEEDS
For billing questions, contact: (404) 603-3543	For scheduling or special needs (e.g., pacemaker, interpreter, allergies): Call (404) 355-3200