

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.

Medication Adjustments: If taking **GLP-1 agonists** (Ozempic, Weygovy, Trulicity, Rybelsus, or others) or **SGLT-2 inhibitors** (Invokana, Farxiga, Jardiance, Steglatro) follow specific holding guidelines. <https://www.mngi.com/colonoscopy-info>



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 (10-15g/day.) **AVOID** seeds, nuts, popcorn, corn, whole grains, quinoa, fresh fruit, raw vegetables, etc.

For additional details on following a low fiber diet, please visit 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**.
- ❑ **BEGIN** clear liquid diet (only liquids you can see through - no red)



1 Day Before:

- ❑ **NO SOLID FOOD - ALL DAY.** Clear liquids **ONLY**
 For additional details on following a clear liquid diet, please visit <https://www.mngi.com/conditions/clear-liquid-diet>
- ❑ **DO NOT HAVE:** dairy (including coffee creamer), alcohol, oils, or pulp
- ❑ 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.

At 4PM



Sips of water and tablets taken over 15-20 minutes

At 5:15 PM



Fill and drink water for second time (over 30 minutes)

At 6:15 PM



Fill and drink water for third time (over 30 minutes)

Continue clear liquid diet ONLY



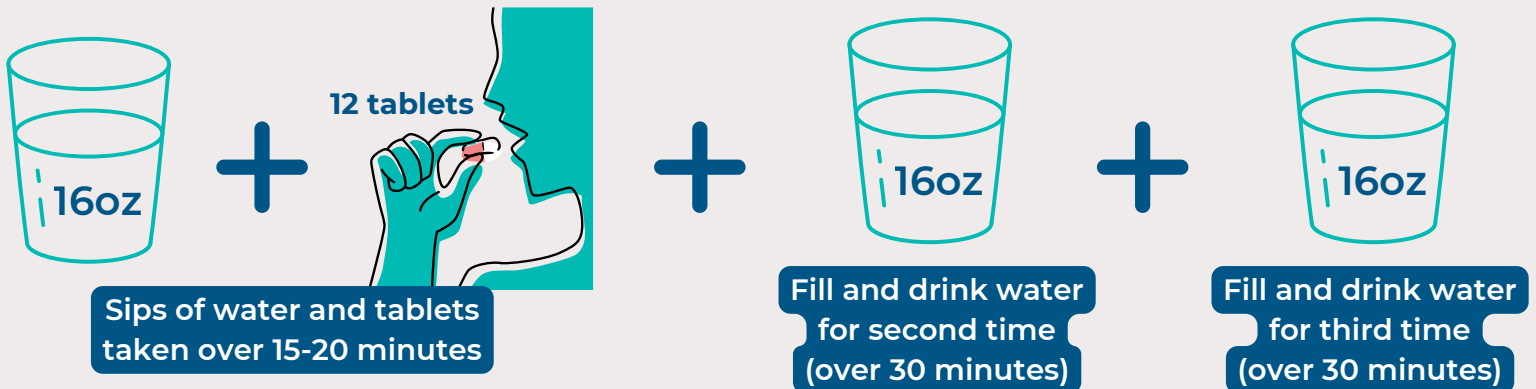
Day of Procedure:

- ❑ **NO SOLID FOOD.** Clear liquids **ONLY**
- ❑ **DO NOT HAVE:** dairy (including coffee creamer), alcohol, oils, or pulp
- ❑ **DO NOT USE:** chewing tobacco, THC, marijuana, or illicit drugs.
- ❑ **DO NOT TAKE:** any chewable vitamins or supplements.
- ❑ 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.



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/yellow/tea colored liquid **ONLY** before your appointment. If uncertain, contact our office at 651-871-1145.



Additional Information:

- **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:** If you are having symptoms of a cold or flu (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you have any newly diagnosed medical conditions (like diverticulitis, heart problems, or breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.
- **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 - stool should be clear/yellow/tea colored liquid. 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, you can go to <https://www.mngi.com/colonoscopy-faqs>