

# Colonoscopy and SUTAB / MAG Instructions

Your procedure is scheduled on \_\_\_\_ / \_\_\_\_

**Memorial Hermann  
Kingsland Surgery Center  
281-492-1234  
21720 Kingsland Blvd. Ste. 101  
Katy, Texas 77450**

**Memorial Hermann  
Katy Hospital  
281-644-7000  
23900 Katy Freeway  
Katy, Texas 77494**

**Please read the following instructions carefully a week before your procedure.**

1. You must have a RESPONSIBLE ADULT TO DRIVE you home after the procedure (NO UBER, NO TAXI)
2. PLEASE NOTE THAT WE DO NOT SET THE ARRIVAL TIMES. You will receive a call from the facility at least 48-75 hours before your procedure with your expected arrival time, PLEASE CONTACT THE FACILITY DIRECTLY at 281- 492-1234 if you have not received a call by 3 pm the day before your procedure. At times, there are opportunities to move your procedure earlier.
3. If biopsies are taken, results can take 10-14 days to come in. You must schedule a 3-week post procedure appointment to obtain results. If no post-op is necessary, we may contact you to cancel the appointment.

<b>7 Days Before Colonoscopy</b>		<ul style="list-style-type: none"> <li>• Go to the pharmacy, fill your prescription of SUTAB and purchase 1 Bottle 10oz of Magnesium Citrate</li> <li>• STOP Iron and Fish Oil Supplements a week before your procedure</li> <li>• If you take BLOOD THINNERS like: Aspirin, Plavix/Clopidogrel, Coumadin/Warfarin, Effient, Pradaxa, Eliquis we will obtain authorization from your prescribing physician.</li> <li>• DO NOT STOP heart, blood pressure or other regular medication unless your doctor instructs you to do so.</li> <li>• You may continue to take aspirin as prescribed, if you are taking it for preventative reasons.</li> <li>• Diabetic or weight loss medications: Phentermine, Mounjaro, Saxenda, Naltrexone HCl, and Semaglutide Injections like: Wegovy, Ozempic or Rybelsus <b>you must hold it for 7 days before the procedure</b></li> </ul>
<b>5 Days Before Colonoscopy</b>		<ul style="list-style-type: none"> <li>• 5 days prior to your procedure(s) begin to reduce residue in your diet by refraining from eating nuts, seeds, corn, popcorn, RAW fruits and vegetables, such as lettuce, corn or celery.</li> <li>• (You can have fruits and vegetables only if they are skinless/peeled and cooked).</li> <li>• Discontinue fiber supplements, such as Metamucil, Citrucel, Fiberall, Benefiber, etc...unless used for maintaining bowel regularity.</li> </ul>
<b>DAY BEFORE PROCEDURE</b>	When you wake up	<b>*Start CLEAR LIQUID diet from the moment you wake up and continue all day. DO NOT eat any solid foods. (refer to the Clear Liquid on following page)</b>
	4:00PM	<ul style="list-style-type: none"> <li>• <b>Begin and remain on a strict CLEAR LIQUID Diet.</b></li> <li>• It is very important to remain hydrated. Drink lots of liquid throughout the day.</li> </ul> <p>4pm Drink 1 Bottle 10 oz of Magnesium Citrate</p> <ul style="list-style-type: none"> <li>• <b>STEP 1:</b> Open 1 SUTAB bottle of 12 tablets.</li> <li>• <b>STEP 2:</b> 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 15 to 20 minutes.</li> </ul> <div style="text-align: center;">  <p><small>Tablets not shown actual size.</small></p> </div> <p>If you are experiencing symptoms (for example nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.</p>
	6:20 PM	<ul style="list-style-type: none"> <li>• <b>STEP 3:</b> 30 minutes after the last tablet is ingested, fill the provided container again with 16 ounces of water or any clear liquid (up to the fill line), and drink the entire amount over 30 mins.</li> </ul>
	6:50 PM	<ul style="list-style-type: none"> <li>• <b>Step 4:</b> 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.</li> <li>• <b>Drink additional fluids</b> it is very important to remain hydrated. * <b>Warm fluids can help stimulate the bond.</b></li> </ul>

<b>6 HOURS BEFORE COLONOSCOPY</b>	<ul style="list-style-type: none"> <li>• Open 1 SUTAB Bottle of 12 tablets.</li> </ul>  <ul style="list-style-type: none"> <li>• You will begin to take your second <b>SUTAB</b> Bottle of 12 tablets.</li> <li>• <b>REPEAT Step 1 to Step 4 from instructions above.</b></li> </ul>
	<ul style="list-style-type: none"> <li>• *If you feel nauseated during the process, take a break until your stomach settles and restart. Before retiring, drink at least three 8oz glasses of clear liquids to help prevent dehydration.</li> </ul>

<b>The Day of Colonoscopy</b>	<ul style="list-style-type: none"> <li>• <b>TAKE NOTHING BY MOUTH WITHIN 3 HOURS OF YOUR CHECK-IN TIME.</b></li> <li>• You may take critical medications with small sips of water up to 3 hours before your check-in time.</li> <li>• You must have someone to drive you home or accompany you home on public transportation.</li> <li>• You must not drive or be responsible for important decisions until the <u>morning after</u> your procedure.</li> </ul>
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**Avoid all RED and Purple liquids - they can look like blood in the colon!**

**Clear Liquid Diet List:**

- Gatorade<sup>®</sup>, Powerade<sup>®</sup> (sports drinks with electrolytes are recommended to help with hydration)
- Water, tea, or coffee (No cream or milk; sugar is ok)
- Broth or Bouillon
- Jell-O<sup>®</sup>, Popsicles<sup>®</sup>, Italian ice (no fruit or cream added)
- Apple, white grape, or white cranberry juice (No orange, tomato, grapefruit, prune, or any juice with pulp)
- Ginger Tea ( avoid all carbonated products - may cause bloating )
- Lemonade (with no pulp), iced tea

**Important Notes and Helpful Hints:**

1. Nothing by Mouth within 3hrs of your check-in time. This includes clear liquids, candy, and gum. Taking anything by mouth within 3hrs of check-in will cause a delay or cancellation of your procedure.
2. Your exam will only be as good as your colon prep. A good sign that the prep has been effective is the transition to clear, watery bowel movements. If, 2 hours prior to your check-in time, your bowel movements are not clear (that is, if they are still solid or mostly brown), please call the phone number below for instructions.
3. You may use baby wipes instead of toilet paper and Vaseline in case of a sore bottom.
4. Remain close to toilet facilities as multiple bowel movements may occur. The prep often starts working within an hour but may take many hours to start working.
5. You may take oral medications with water during the prep and up to 3 hours before check-in time.
6. Please allow 7-10 business days for all the exam results.

**Foods to avoid:**

- NO Dairy products ( milk, yogurt, ice cream, creamy soups)
- NO meats or meat substitutes
- NO vegetables
- NO grains or starches
- NO alcoholic beverages
- NO oatmeal or cream of wheat

**Sample Menu**

**Breakfast**

- White Grape Juice
- Clear Broth
- Jello
- Tea

**Lunch**

- Apple Juice
- Clear Broth
- Jello
- Tea

**Dinner**

- Lemonade ( NO PULP )
- Clear Broth
- Jello
- Tea

**There is a \$150 LATE CANCELLATION FEE for procedures not cancelled at least SEVEN (7) BUSINESS DAYS prior to your procedure date. Your insurance will not cover this fee; you are responsible for the payment. If you must cancel, do not call the facility where your procedure is scheduled, please call our office at 281-869-3009**