

**Your procedure will be at Humboldt County Memorial Hospital on:**

- HCMH will call you 2-3 days prior to your procedure with your arrival time and to answer any questions you may have.
- Our team will update you on current masking requirements.
- You may need to have COVID testing complete before your procedure if you are: (1) presenting with any COVID-19 symptoms or (2) have had close contact with someone testing positive within the last 10 days or (3) at the providers discretion. We will complete the test the day of your procedure once checked in.
- HCMH surgery department phone number is 515-332-7669.
- Humboldt County Memorial Hospital 1000 North 15th Street Humboldt, IA 50548

**What is a Colonoscopy?**

- A colonoscopy is a procedure which allows the physician to directly observe the lower GI tract by passing a flexible scope with a light source through the rectum and into the colon. This allows the physician to diagnosis various GI disorders such as bleeding & inflammation, remove any polyps or tumors, and obtain samples for biopsy as well as screen for preventative care.

**What will happen?**

- After you register, you will put on a hospital gown, the nurse will complete an assessment, and an IV will be started. Prior to the procedure sedation will be given through the IV in the exam room. During the exam you will lay on your left side & may feel some cramping. After the exam you will recover about 1 hour. Your stay will be anywhere from 3-5 hours.
- Please bring a list of your medications as well as your insurance cards.

**BEFORE THE PROCEDURE:**

1. Purchase SUTAB at your pharmacy
2. Pre-certify with your insurance company if needed
3. Arrange for a driver after the procedure (the hospital does have a bus if transportation is needed. 515-332-4200)

**CONSIDERATIONS:**

4. Do you take a blood thinner? If yes, we need to contact your prescribing physician and hold the medication for the recommended amount of time before the procedure.
5. Are you diabetic? If yes, do not take any insulin or medication the morning of the procedure.
6. Do you take iron medication or a multivitamin? If yes, do not take this medication 5 days prior to the procedure.
7. Do you have a mechanical heart valve or an artificial joint within the last 2 years? If yes, you may need an antibiotic prior to the procedure.

Your procedure will be performed by Dr. \_\_\_\_\_

Address: \_\_\_\_\_

Date of procedure: \_\_\_\_\_

Comments: \_\_\_\_\_

### What To Do The Day BEFORE Your Colonoscopy

You are to be on a clear liquid diet ONLY. You may have as much of these as you like until midnight.

#### Liquids That Are OK To Drink

- Coffee or tea (no creamer)
- Fruit juices (without pulp). Ex. apple, white grape or lemonade
- Gelatin desserts (no fruit or topping)
- Water
- Chicken broth
- Soda or carbonated drinks (such as ginger ale, just no red or purple)
- Gatorade (no red or purple)
- Popsicles (no red or purple)

#### NOTE

- SUTAB is an osmotic laxative indicated for cleansing of the colon in preparation for colonoscopy in adults.
- Be sure to tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. SUTAB may affect how other medicines work.
- Medication taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of SUTAB.
- The most common adverse reactions after administration of SUTAB were nausea, abdominal distension, vomiting, and upper abdominal pain.
- Contact your healthcare provider if you develop significant vomiting or signs of dehydration after taking SUTAB or if you experience cardiac arrhythmias or seizures.
- If you have any questions about taking SUTAB, call your doctor.

**Please do no limit your fluids to water only. Drink beverages with some calories. Calories will help you tolerate the prep better.**

#### What You CANNOT Do

- Do not drink milk or eat or drink anything colored red or purple.
- Do not drink alcohol.
- Do not take other laxatives while taking SUTAB.
- Do not take oral medications within 1 hour of starting each dose of SUTAB.

To learn more about this product, call 1-800-874-6756

**SUTAB<sup>®</sup>**  
(sodium sulfate, magnesium sulfate, and potassium chloride)  
Tablets  
1.479 g/0.225 g/0.188 g



### The Dosing Regimen

SUTAB is a split-dose (2-day) regimen. A total of 24 tablets is required for complete preparation for colonoscopy. You will take the tablets in two doses of 12 tablets each. Water must be consumed with each dose of SUTAB, and additional water must be consumed after each dose.

#### DAY 1, DOSE 1 - The day BEFORE your colonoscopy

##### BEGIN THIS AT 4PM

**Swallow the 12 tablets with the first 16 oz. of water**

**STEP 1** Open 1 bottle of 12 tablets

**STEP 2** Fill the provided container with 16 oz. of water (up to the fill line). **Swallow 1 tablet every 1 to 2 minutes. You should finish the 12 tablets and the entire 16 oz. of water within 20 minutes.**



Tablets not shown actual size.



**IMPORTANT:** If you experience preparation-related symptoms (for ex. nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.

**Drink the additional two 16 oz. of water**

**STEP 3** Approx. **1 hour** after the last tablet is ingested, fill the provided container again with 16 oz. of water (up to the line), and drink the entire amount over 30 mins.

**STEP 4** Approx. **30 minutes** after finishing the second container of water, fill the provided container with 16 oz. of water (up to the fill line), and drink the entire amount over 30 minutes.

#### DAY 2, DOSE 2 - The day OF your colonoscopy

##### BEGIN THIS AT 4AM

**Swallow the other 12 tablets with another 16 oz. of water**

- The day of your colonoscopy (5 to 8 hrs prior to your colonoscopy and no sooner than 4 hrs from starting Dose 1), open the second bottle of 12 tablets.
- Repeat STEP 1 to STEP 4 from DAY 1, DOSE 1.



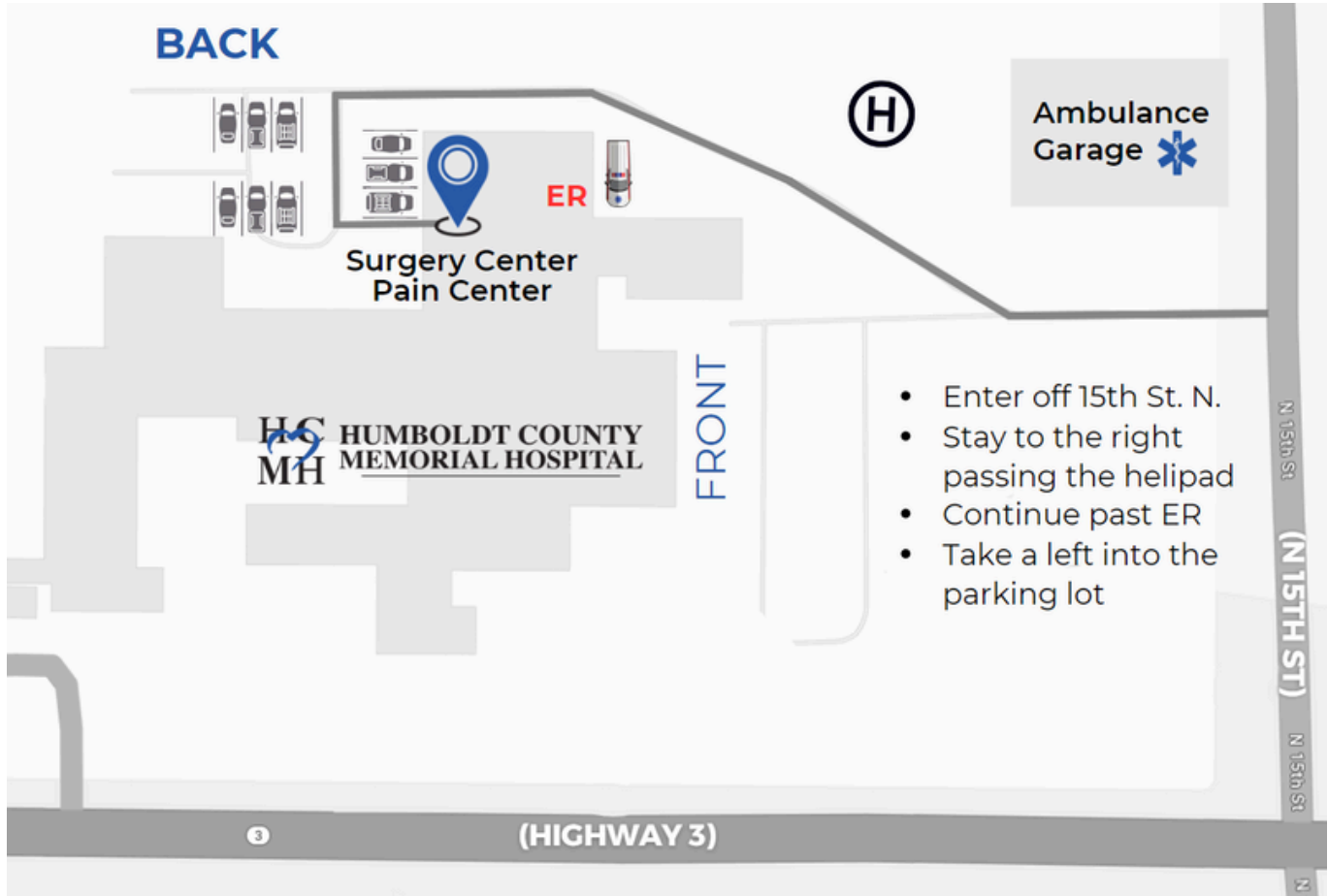
Tablets not shown actual size.



**IMPORTANT:** You must swallow all tablets and drink all the water at least 2 hours before your colonoscopy.



## WHERE TO PARK



To the left is a picture of our entrance (located on the back side of the hospital).

If you get lost or have questions **please call us at 515-332-7669.**