

## PREPARATION FOR COLONOSCOPY/EGD

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Physician: Olufemi Abiodun, MD  
Ayodele Osowo, MD  
Telephone number: (817) 468-7200

PROCEDURE TIME: \_\_\_\_:\_\_\_\_ am/pm

ESTIMATED ARRIVAL TIME: \_\_\_\_:\_\_\_\_ am/pm (subject to change)

YOU WILL BE RECEIVING ANESTHESIA FOR YOUR PROCEDURE(S). YOU WILL NEED TO ARRANGE TRANSPORTATION TO DRIVE YOU TO AND FROM THE FACILITY. (Must be 18 yrs or older)

### THE DAY BEFORE YOUR PROCEDURE(S) ABIDE BY A CLEAR LIQUID DIET STARTING AT 8:30 am:

- ABSOLUTELY NO SOLID FOODS OR DAIRY PRODUCTS THE DAY BEFORE YOUR PROCEDURE
- NO RED, ORANGE OR PURPLE LIQUIDS
- LIQUIDS YOU MAY CHOOSE FROM: (keep very hydrated)

Water, Flavored/Carbonated	Gatorade, Powerade, G2	Any flavor of Broth/Bullion
Jell-O (plain) (Yellow or Green)	Any types of Tea	Black Coffee (no dairy)
Popsicles (only yellow or green)	Carbonated Soft Drinks (clear)	Non-carbonated Drinks (clear)
Clear hard candy	Frozen Tea or Frozen Lemonade	Strained Fruit Juices (no red)

**\*\*DIABETIC PATIENTS:** If you are a diabetic, it is important to monitor your blood sugar while doing the clear liquid diet and bowel preparation. You should take only ½ of your usual dose of insulin and avoid metformin the day before your procedure. You should not take any diabetic medications on the morning of your procedure. Please be sure to check your blood sugar at home, at all meals, at bedtime and on the morning of your procedure.

### Sutab Bowel Prep Instructions:

1. **FIRST DOSE will start at 6:00 pm the evening before** – Take 12 tablets in 20 min with 16oz of water, swallow each tablet with a sip of water until finished. Approximately 1 hour after the last pill drink another 16oz of water over 30 minutes. Approximately 30 minutes after second container of water that drink last glass of 16oz of water.
2. **SECOND DOSE will start 5 HOURS before your procedure** –Repeat the process, take 12 tablets with 16 oz of water in 20 minutes, 1 hour after the last pill drink another 16oz of water over 30 minutes, 30 minutes after that drink the last glass of 16oz water.

**If your bowel prep kit is not covered at your pharmacy, please contact our office for further instruction!**

**\*\*DO NOT HAVE ANYTHING BY MOUTH 3 HOURS BEFORE YOUR PROCEDURE\*\***

Trinity Park Surgery Center: 3501 Matlock Rd. Arlington, TX 76015  
Baylor Surgicare at Mansfield: 280 Regency Parkway Mansfield, TX 76063  
USMD at Arlington: 801 W Interstate 20 Arlington, TX 76017  
Methodist Southlake Hospital: 421 E State Hwy 114 Southlake, TX 76092  
Baylor Regional Medical Center at Grapevine: 1650 W College St. Grapevine, TX 76051