

JEFFREY R. CRIST, M.D.

JUAN BENITEZ, M.D.

9330 PARKWEST BLVD. SUITE 506
KNOXVILLE, TN. 37923

PHONE: 865-539-5372

FAX: 865-539-5369

SUTAB BOWEL PREPARATION INSTRUCTIONS FOR COLONOSCOPY (DR. CRIST)

YOU HAVE BEEN SCHEDULED FOR A DIAGNOSTIC PROCEDURE CALLED COLONOSCOPY TO BE PERFORMED ON

_____ AT _____ ARRIVAL TIME _____

YOU WILL NEED TO REPORT TO _____ PARKWEST HOSP. ADMITTING

_____ FT. LOUDOUN HOSP. REGISTRATION

LATE ARRIVAL MAY RESULT IN UP TO A TWO-HOUR DELAY IN YOUR PROCEDURE. WEAR LOOSE COMFORTABLE CLOTHES THAT INCLUDES SHORT SLEEVES. IF YOU WEAR SHORT SLEEVES YOU WILL NOT HAVE TO REMOVE YOUR SHIRT.

PRE-PROCEDURE INSTRUCTIONS: FOLLOW THESE WRITTEN INSTRUCTIONS ONLY

BEGINNING ON _____ YOU MAY ONLY HAVE CLEAR LIQUIDS ALL DAY.

Starting@2:00 P.M. 4 SUTAB TABLETS WITH 8 OZ CLEAR LIQUIDS

2:15 P.M. 4 SUTAB TABLETS WITH 8 OZ CLEAR LIQUIDS

2:30 P.M. 4 SUTAB TABLETS WITH 8 OZ CLEAR LIQUIDS

3:30 P.M. FILL CONTAINERTO 16 OZ WITH WATER AND DRINK OVER THE NEXT 30 MINUTES.

4:30 P.M. FILL CONTAINER TO 16 OZ WITH WATER AND DRINK OVER THE NEXT 30 MINUTES.

TAKE A BREAK AND THEN START 2ND DOSE

7:00 P.M. 4 SUTAB TABLETS WITH 8 OZ CLEAR LIQUIDS

7:15 P.M. 4 SUTAB TABLETS WITH 8 OZ CLEAR LIQUIDS

7:30 P.M. 4 SUTAB TABLETS WITH 8 OZ CLEAR LIQUIDS

8:30 P.M. FILL CONTAINERTO 16 OZ WITH WATER AND DRINK OVER THE NEXT 30 MINUTES.

9:30 P.M. FILL CONTAINERTO 16 OZ WITH WATER AND DRINK OVER THE NEXT 30 MINUTES.

NOTHING BY MOUTH AFTER MIDNIGHT

MEDICATIONS:

- IF YOU HAVE SPECIFIC MEDICAL PROBLEMS SUCH AS HIGH BLOOD PRESSURE OR ANGINA, YOU MAY TAKE YOUR MORNING MEDICATION WITH A SMALL SIP OF WATER EARLY ON THE DAY OF YOUR TEST. IF YOU TAKE INSULIN FOR DIABETES, TAKE ½ YOUR USUAL DOSE THE EVENING BEFORE AND HOLD YOUR MORNING DOSE THE DAY OF YOUR PROCEDURE.
- DO NOT TAKE IRON OR FIBER SUPPLEMENTS, HERBAL SUPPLEMENTS, FISH OIL OR FLAXSEED OIL FOR 1 WEEK PRIOR.
- STOP BLOOD THINNERS FOR THE FOLLOWING AMOUNT OF TIME: COUMADIN, EFFIENT OR PLAVIX-4 DAYS, PRADAXA, XARELTO, SAVAYSA OR ELIQUIS-2 DAYS.
- AVOID TAKING PRODUCTS CONTAINING ASPIRIN FOR 1-WEEK PRIOR, AND IBUPROFEN OR NAPROXEN FOR 2 DAYS PRIOR TO YOUR PROCEDURE.

BRING SOMEONE ALONG WITH YOU TO DRIVE YOU HOME

* YOU WILL BE SEDATED BEFORE THE EXAMINATION. WHILE MOST OF THE EFFECTS OF THE MEDICINE WILL WEAR OFF PRIOR TO YOUR DISCHARGE, WE CANNOT LET YOU LEAVE UNACCOMPANIED. YOU WILL NOT BE ABLE TO DRIVE A CAR THE REMAINDER OF THE DAY

IF YOU HAVE ANY QUESTIONS OR HAVE AN EMERGENCY ON THE DAY OF YOUR EXAM, PLEASE CALL OUR OFFICE AT (865) 539-5372 OPT 1. IN ORDER TO BETTER MEET THE NEEDS OF ALL OF OUR PATIENTS, WE RESPECTFULLY ASK THAT YOU GIVE US AT LEAST 48 HOURS NOTICE IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE OR YOU WILL BE SUBJECT TO A \$50 FEE.

LEAVE ALL JEWELRY AND VALUABLES AT HOME

PLEASE BRING I.D., INS. CARDS AND LIST OF CURRENT MEDICATIONS