SUTAB COLONOSCOPY-EGD PREP INSTRUCTIONS

DATE: ARRIVAL TIME:

COVID Testing Instructions

PLEASE READ ALL INFORMATION ON THIS PAGE AS IT IS VERY IMPORTANT REGARDING YOUR PROCEDURE

A. If you have been fully vaccinated for COVID19 and 14+ days have passed since your 2nd shot, you do not need to test for COVID. You must bring your proof of vaccination with you to the procedure appointment.

B. If you were positive for COVI19 within 90 days prior to your procedure date, you do not need to test for COVID. You must bring your positive COVID19 test result with you to the procedure appointment.

C. If you have not been vaccinated for COVID19 or have not been positive for COVID19 within 90 days of your scheduled procedure, you are required to have a COVID test 2-3 days prior to your procedure.

Testing at HealthAlliance Leominster Campus
You must pick up a test kit from our office to do at home. It will have complete testing instructions, as well as drop off instructions for the sample. Our office will send an order for the test directly to the lab. No appointment required.

Testing at Heywood Gardner or Athol Campuses
You must call and make an appointment to have your COVID test. They often book out a full week in advance. Because this is an appointment, not a line, the wait is usually only 10-15 minutes. **You must first let us know if you pick this option**, and we will send them a lab order. You can then call 978-630-6186 to make the appointment. The hours are currently Monday – Sunday, 9 am – 5 pm; and to 7 pm on Mondays & Thursdays.

Please call the office to reschedule your procedure if you have been in contact with someone who has been diagnosed with COVID-19 or if you have been diagnosed with COVID-19 recently!!

SUTAB COLONOSCOPY-EGD PREP

You will report for your procedure in the Central Massachusetts Ambulatory Endoscopy Center (located in the middle office of the Center for Digestive Wellness building).

- Starting 3 Days Prior to Procedure: *Avoid eating seeds, fruits, veggies, and leafy greens.* You may otherwise continue your normal diet up until:
- 1 Day Prior to Procedure (before 11AM):
  - You may have only 2 cups (total) of the following: Mashed potatoes, scrambled eggs, buttered pasta, crackers.

You will then need to begin a clear liquid diet for the remainder of the day prior to the procedure (preparation day)

Examples:

Any kind of strained broth, water, flavored water, any kind of soda, Gatorade/sports drinks, fruit juices (without pulp), black coffee and tea, jello, popsicles. If you can see through it, it is a clear liquid.

You will need: Sutab (Prescription medication from your pharmacy.)

*Instructions -1 Day Prior to Procedure Date:

Begin a clear liquid diet in the morning.

Dose 1: At 6pm.

1. Open 1 bottle of 12 tablets.
2. 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.
3. Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.
4. 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.

*Instructions – DAY OF PROCEDURE:

Continue the clear liquid diet.

Dose 2: 9 hours prior to the procedure, no sooner than 4 hours from starting Dose 1.

1. Repeat steps 1 through 4 from Dose 1.
2. Remain on clear liquids up until 6 hours prior to your procedure. YOU MAY HAVE NOTHING BY MOUTH WITHIN THESE 6 HOURS, INCLUDING WATER.

You may take your medications (or bring them with you) EXCEPT oral diabetic medications - and take only half (1/2) of your scheduled insulin dosage.

Oral medications may be taken with a sip of water, unless otherwise specified by the doctor.

Arrival Instructions

Upon arrival call 978-840-6767. Only the patient may enter. A mask is required.

THINGS TO BRING WITH YOU ON THE DAY OF YOUR PROCEDURE

FORM OF ID (EXAMPLE: DRIVER'S LICENSE)

MEDICATION LIST

INSURANCE CARDS

NAME & PHONE NUMBER OF YOUR DRIVER

ANY INHALERS YOU USE (IF APPLICABLE)

Driver Instructions

- You will be contacted at the phone # provided by the patient approximately 2-2.5 hours after the patient's arrival.
- A recovery nurse will call you about 20 minutes before the patient is ready to be discharged.
- Drive your vehicle up to the overhang on the left side of the building (the BJ's side).
- **Call 978-840-6363 to let the nurse know you arrived.** Remain in your vehicle. The patient will be walked out to the car.

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