

Appointment Date and Time:  
The facility will call you prior to your procedure.  
**Pharmacy: Pick up your prep (a few days prior to procedure):**

\*\*\*\* Please call and verify coverage with your insurance carrier prior to your procedure. Below is the diagnosis and procedure with codes for your reference. Member benefits are not verified with our office.

**DIAGNOSIS:**

**PROCEDURE: COLONOSCOPY 45378**

**Location:**

\_\_\_\_\_ Dunes Surgical Hospital (605) 232-3332  
101 Tower Road  
Check in at the Medical Tower Entrance  
Dakota Dunes, SD 57049

\_\_\_\_\_ Mercy One (712) 279-2552  
801 5th Street  
Sioux City, IA 51101

\_\_\_\_\_ Pierce Street Same Day Surgery (712) 294-7777  
2730 Pierce Street (across the street from hospital)  
Sioux City, IA 51104

**Sutab Bowel Prep**

**DAY BEFORE THE COLONOSCOPY:**

- Drink only clear liquids for breakfast, lunch and dinner.

**Approved Clear Liquids:**

Water  
Strained fruit juices **WITHOUT** pulp (apple, white grape, lemonade)  
Clear broth or bouillon (chicken or beef)  
Carbonated or noncarbonated clear soft drinks  
Gatorade, Kool-aid or other fruit drinks (no RED or PURPLE)  
Plain Jell-O without fruit or toppings (no RED or PURPLE)

- **NO SOLID FOOD, MILK or MILK PRODUCTS**

**FIRST DOSE: at 4 pm the day before your procedure.**

**Step 1.** Open 1 bottle of 12 tablets

**Step 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 over 15 to 20 minutes. ( If you become uncomfortable, take the tablets and water slower).

**Step 3.** Approximately 1 hour after the last tablet is swallowed, fill the provided container a second time with 16 ounces of water and drink the entire amount over 30 minutes.

**Step 4.** Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water and drink the entire amount over 30 minutes.

**SECOND DOSE: 8 pm the day before your procedure.**

**Repeat Step 1 to Step 4 from the above First Dose instructions using the second bottle of tablets.**

Once finished with the 2nd dose of the prep completely, take nothing by mouth after midnight

- You may take heart, blood pressure, seizure or thyroid medications the day of your procedure with a sip of water. No diabetic meds.
- You will need to bring a driver to take you home.
- Sedation will be administered intravenously for the procedure, therefore you **MUST** have someone to drive you home. You may **NOT** go home by bus or taxi.
- If you have questions please call **605-217-5517**

**POST PROCEDURE INSTRUCTIONS**

1. If the physician obtained biopsies please allow 7-10 days to be contacted with the results.
2. If the physician prescribed a new medication for you please contact the pharmacy to review the status of this as some medications may need a prior authorization from your insurance company and this process may take up to two weeks.
3. If the physician has recommended an office follow up or repeat endoscopy and you have not heard from Midlands Clinic GI department in 7-10 days please call the office at 605-217-5517.

If you have questions on the above prep, need to reschedule or have any concerns; please do not hesitate to call the office at 605-217-5517.