RYAN CRENSHAW, M.D.

Instructions for Colonoscopy with SuTab

Please read this packet, in its entirety, at least 2 weeks prior to your procedure. If you fail to follow the instructions and the procedure has to be cancelled, the cancellation fee will be charged.

If you need to cancel your procedure, please let us know at least 5 business days prior to the procedure. If you fail to do so, you will be charged a $250.00 cancellation fee.

You will receive a confirmation email from our office staff at least 2 weeks prior to your scheduled procedure(s). All procedure(s) must be confirmed to remain on the schedule. If you do not receive a call from our office, please contact us at 703-444-4799.

If you take blood thinners such as Aspirin, Plavix, Xarelto or Coumadin, Dr. Crenshaw may recommend for you to hold these medications anywhere from 2-8 days prior to your procedure, depending on what agent you are taking.

Patients taking Aspirin: Please make sure one of the two lines is checked off below. If not, please contact our office at 703-444-4799.

____ Please continue to take Aspirin, 81 mg or 325 mg, daily, including the day of the colonoscopy.
____ Please stop taking Aspirin, 81 mg or 325 mg, 8 days prior to the colonoscopy.

Any patient stopping Aspirin, Plavix, Coumadin or any other blood thinner should contact the prescribing doctor (primary care physician, or cardiologist) to confirm that it is acceptable to stop this medication(s) for the recommended period of time. You may take Tylenol if needed. Please do not take any other medication or products that can thin the blood, such as Ibuprofen, Motrin, Advil, Aleve, Vitamin E and/or Garlic pills 8 days prior to the procedure(s).

It is highly recommended that you take your medication for heart disease, high blood pressure and asthma every day, including the day of your procedure. If you take any medication(s) around the time that you are taking a dose of the laxative to prepare for your colonoscopy, please take the laxative first, then your medication(s). **When taking medication(s) on the day of your procedure, the medication(s) must be taken at least 4 hours prior to your procedure time with water. At 4 hours prior to your procedure time, you should stop consuming liquids, stop taking medications and not take anything orally until your procedure has been completed.** All other medications should be brought to the hospital to be taken after your procedure.
If you are taking medications for diabetes, consult with the medical provider that is managing your diabetes to inform him/her that you are being asked to change your diet in preparation for colonoscopy. Please ask this provider how you should change your diabetes medication regimen to reduce the risk of your blood sugar becoming too low or too high during your preparation for the procedure.

You will need someone to drive you home from the hospital, or surgical center, after your procedure. You should not drive until the next day.

Preparation Instructions for SuTab

(Sodium sulfate, Magnesium sulfate, and Potassium chloride)

Caution: This preparation must be used with caution and may be contraindicated in patients with the following conditions: Kidney failure or compromise in kidney function, heart arrhythmias, history of seizures, impaired gag reflex, severe ulcerative colitis and/or esophageal regurgitation. If you have any of these conditions, please call the office to confirm this preparation is appropriate for you.

Five days prior to the procedure: Do NOT eat food containing seeds, corn, nuts, black pepper, lettuce, raw vegetables, fruits with seeds or skin as they can be difficult to lavage from the colon. Please do not take fish oil, krill oil, lemon oil or any supplements or foods that contain a significant amount of oil such as potato chips.

The day prior to your procedure, you will be on a clear liquid diet (NO solid food, except for Jello) for the entire day beginning with your breakfast meal. In addition, adequate hydration will reduce the risk of developing headaches, lightheadedness and dizziness which can occur during the preparation.

Please note that it is very important for you to be adequately hydrated during this process. There is no restriction on the volume of clear liquids that you consume. Consume as many of the clear liquids listed as possible to maintain adequate hydration and reduce the risk of electrolyte abnormalities during the preparation

It is also important to vary the liquids you are consuming. Do NOT restrict yourself to drinking water only. Please make sure you consume liquids with salt such as soup broth. And liquids with carbohydrates/sugars such as apple juice. By varying the liquids consumed, you reduce the risk of developing electrolyte abnormalities such as a low sodium. **Please avoid any food or beverage product(s) which contain red or purple coloring.**

MENU FOR CLEAR LIQUID DIET

Breakfast	Lunch	Dinner
White Cranberry Juice	Chicken Broth	Chicken broth
Gelatin dessert (no red/purple)	Apple juice	White Grape Juice
Tea/coffee (no milk)	Sprite, 7Up, Ginger Ale	Gelatin dessert
Gatorade or similar sports Drink	Fruit-flavored ice	Sprite, 7Up, Ginger Ale
	Tea/coffee (no milk)	Tea/coffee (no milk)

SUTAB MEDICATION

****DO NOT FOLLOW THE DIETARY GUIDELINE WRITTEN INSTRUCTIONS ON THE SUTAB BOX OR THE INSERT****

FOLLOW THE INSTRUCTIONS WRITTEN BELOW

BOTH 12 COUNT BOTTLES OF SUTAB TABLETS ARE REQUIRED FOR A COMPLETE PREPARATION

Instructions continue on the next page

FIRST DOSE: One day prior to your procedure, at 6:00 PM, complete steps 1 through 4.

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 (up to the fill line) 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 (up to the fill line) and drink the entire amount over 30 minutes.

SECOND DOSE: Day of procedure: Please begin 6 hours prior to your procedure time.

Step 5 -- **Repeat Step 1 to 4 as written above. You must finish drinking the final glass of water at least 4 hours before your procedure time.** If you need to take any medications at/or around this time, please take the dose of SuTab first, then take your medication(s). If you finish the SuTab and water recommended ahead of schedule, you may consume more clear liquids listed above until 4 hours prior to your procedure time. **Please do not consume any liquids or medications after the time that corresponds to 4 hours before your procedure time.**

On average, your bowel movements should be clear (clear = yellow or white liquid without solid or granular material) 3 hours after you finish taking the preparation. However, delays in the onset of bowel movements and/or becoming clear can occur several hours after completing the preparation. **If you are not clear at 2 hours after taking the second dose on the day of your procedure, please follow the instructions written below.**

If you are unable to complete and/or tolerate the preparation for colonoscopy, please follow these Instructions:

Purchase the following (no prescription necessary) and begin this preparation ½ hour after the last glass of Water.

- One bottle of Magnesium citrate
- One bottle of Fleet Enema **(without mineral oil, or any other type of oil).**

Drink one bottle of Magnesium Citrate. Wait 2 hours. If your bowel movements are not clear or you could not tolerate the Magnesium Citrate, then proceed with Fleet Enema as follows:

1. Apply one Fleet Enema **(without mineral oil, or any other type of oil)** per rectum and wait 30 minutes.
2. If your bowel movements are still not clear, fill the same enema bottle with warm water from the faucet. Then administer a warm water enema per rectum every 30 minutes until you have bowel movements which consist of clear yellow or clear white liquid. Do NOT exceed more than 4 enemas.

If you still encounter significant difficulties with your preparation, please contact our office at 703-444-4799. If you are forwarded to voicemail, follow the directions to contact the doctor on call.

RYAN P. CRENSHAW, M.D.
21135 WHITFIELD PLACE, SUITE 102, STERLING, VA 20165 (703) 444-4799

OPERATIVE REQUEST/CONSENT

1. I hereby request, consent to, and authorize Dr. Crenshaw (the "Practitioner") to perform the following procedure(s) along with surgical assistants selected by him: colonoscopy, possible biopsy, risk of drug allergy, over sedation, aspiration, bleeding, perforation, and need for surgery has been explained. The Practitioner has advised me there is a small possibility of missing lesions on (the "Patient'):

   Please print your name: _____

2. It has been clearly explained to me that during the course of this operation some other conditions that have not been expected may present themselves. I recognize, that if such conditions are discovered it will be necessary to do more than that which was specified in paragraph #1 above. I therefore authorize and request that the above-named Practitioner and his surgical assistants perform such surgical procedures which in their best professional judgment will be effective in their attempt to heal and/or diagnose. This includes, but is not limited to, pathology and radiology. I further authorize Anesthesiologist to administer whatever anesthesia they feel is indicated and authorize the use of blood transfusion(s) when attending personnel feel such is required.
3. I fully understand that this operation, like any operation, is accompanied by some degree of risk and that no cure is guaranteed
4. The nature of my (or the patient's) condition, the nature of the procedure(s) listed under paragraph #1 above, the risks involved and whatever other choices are available to me (or the patient), if any, have been explained to me by the Practitioner. I have been given the opportunity to ask any questions that I may have regarding that explanation and my questions have been answered satisfactorily.
5. I am aware of the "Cancellation Policy" and understand that I will be held responsible for a $250.00 fee if notice is not provided at least 5 business days in advance of scheduled date for procedure.
6. If your procedure is cancelled due to non-compliance with both verbal and written instructions given (for example, not complying with the clear liquid diet the day prior to your procedure), you will be charged the cancellation fee.
7. It is the patient's responsibility to contact his/her insurance provider to check coverage for the requested procedure(s), as well as obtaining the necessary referrals. It is also the patient's responsibility to notify our office immediately if your insurance provider changes, otherwise, the patient will be held responsible for any charges for the requested procedure(s).

_____ _____ _____ _____

Signature of Patient Date Signature of Witness Date

_____ _____

Signature of Parent/Guardian Date

PHYSICIAN'S STATEMENT

I have personally explained, in non-technical terms, the proposed procedure to the patient, and/or Relative/guardian, the major risks or consequences of this procedure, and any alternative.

_____ _____

Signature of Physician Date

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DOCTOR COPY: SuTab