

## Colonoscopy Preparation using *Sutab* 2 Day PM/AM Split Dosing Regimen

### • **SEVEN DAYS BEFORE THE PROCEDURE**

#### **Medication restrictions – Please call the prescribing physician**

1. *Diabetics taking insulin:* will need dose adjustment the day before the exam. Please ask for advice from the physician that prescribes your insulin. For diabetics only taking diabetic pills simply stop the pills the day before the procedure (see below).
2. **DO NOT** take ***Ozempic, Mounjaro, Wegovy, Trulicity, Semaglutide, Saxenda, Vitoza, Rybelus, Adlyxin, Byureon and Byetta.*** 1 week prior to procedure, this slows gastric motility and the effectiveness of the prep and increases risk of aspiration if food and liquids are still present in the stomach.
3. *Blood thinners (antithrombotic agents) including: Coumadin (Warfarin), Plavix, Pradaxa, Xarelto, Eliquis, Brilinta and Effient:* These can increase the risk of bleeding during and after endoscopic procedures to a varying degree. **If you take a blood thinner, review our recommendations below for holding these medications prior to your procedure and confirm with your prescribing provider:**

**Effient - 7 days; Coumadin (Warfarin), Plavix and Brilinta - 5 days; Pradaxa, Eliquis and Xarelto - 2 days;**

**\*\* IF these medications are unable to be stopped, you need to call our office ASAP\*\***

4. Aspirin does **NOT** need to be stopped.

#### **Items to Purchase**

1. Fill the prescription for *Sutab* (bowel prep).
2. Fill the prescription for *Ondansetron* (anti-nausea medication).
3. Any over-the-counter hemorrhoid ointment for anal discomfort (if needed).

### • **ONE DAY BEFORE THE PROCEDURE**

1. **For breakfast AND lunch you may choose one of the following:**  
**2 eggs** (no meat, cheese, veggies or toast, just eggs, salt, pepper, oil or butter is fine to cook with) **or 1 yogurt, 8 ounces** (plain, can be flavored but no chunks of fruit or granola), **or 1 Ensure, 8 ounces** (any flavor) **then clear liquids only for the remainder of the day.**
2. **You cannot have milk or orange juice for the entire day.**
3. Drink as much as you can to prevent dehydration. You may have bouillon, broth, black coffee (sugar and artificial sweeteners are okay, no creamer of any kind), tea (honey is okay), juice (apple, grape, cranberry), Gatorade, Powerade, lemonade, soda (regular or diet are okay), water, Popsicles and Jell-O (any flavor or color). Taking red Jell-O and red Gatorade may turn your bowel movements red and should be limited. If you have had dehydration before drink Pedialyte.
4. You may have clear candy (such as Lifesavers, Jolly Ranchers and gummy bears).
5. Do not take oral diabetic pills.

**TURN THE PAGE OVER FOR THE REST OF THE DIRECTIONS**

**TIMING OF PREPARATION**

## **Please follow these instructions and NOT the *Sutab* bottle instructions**

### • **EVENING BEFORE THE PROCEDURE**

This is a preparation that requires you to take pills with liquid in two sessions. You must take the entire *Sutab* regimen as prescribed to ensure your colon will be cleaned out. A poor prep can mean missed lesions (flat polyps) and cancellation and rescheduling of your procedure.

**Starting at 6:00 p.m. (first dose, this CAN NOT be done earlier in the day.)**

1. Take the *Ondansetron* (anti-nausea) 30 minutes prior to taking each dose of the *Sutab* (bowel prep).
2. Open 1 bottle of 12 tablets, fill provided container with 16 ounces of water (up to the fill line).
3. Swallow each tablet with a sip of water, completing within 15-20 minutes. Drink any remaining water that is in the container.
4. Approximately 1 hour after the last tablet is swallowed drink another 16 ounces of water.
5. Approximately 30 minutes after finishing the second container of water drink another 16 ounces of water.
6. **If you become nauseated, take the tablets and water slower.**
7. You can continue the clear liquid diet after you finish the 6:00pm dose of the prep.

**TAKE 2 DULCOLAX TABLETS AT 9:00PM**

**It is very important that you follow ALL of these steps to ensure you have a proper clean out, the additional water at scheduled increments is a MUST.**

### • **THE MORNING OF THE PROCEDURE**

**Beginning 7 hours prior to **scheduled procedure time**, repeat steps 1-5 as above.**

1. **Take nothing by mouth, including water, after completing the last *additional 32 ounces of fluid or at least 4 hours prior to procedure time.***
2. You should take any necessary medications you normally use on the morning of the procedure with **sips** of water, vitamins and supplements should be taken after the procedure.
3. Arrive at your scheduled arrival time.
4. Bring a list of your medications, insurance cards and photo ID. If you are a woman of childbearing age you will be required to give a urine specimen when you arrive.
5. After the procedure you must have a responsible adult drive you home. It is best if your driver waits for you at the endoscopy center. **Taking a cab or Uber home is not an option.**
6. You may not drive or work until the next day.

### • **IMPORTANT INFORMATION ABOUT SEDATION**

Sedatives used for endoscopy include Propofol. These medications provide amnesia and pain relief. You are breathing on your own. You may be groggy after your procedure and you **SHOULD NOT** work or drive the rest of the day, a responsible adult must drive you home after your procedure.

### • **QUESTIONS OR PROBLEMS**

1. Daytime phone number is (314) 997-0554.
2. After hours number is (314) 388-6578.
3. Internet website address is [www.gidoctor.net](http://www.gidoctor.net)