

Gastroenterology & Nutrition, PC

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COLONOSCOPY PREPARATION WITH SUTAB

*****Before beginning the following steps have your prescription for SUTAB filled at the pharmacy.*****

THE DAY BEFORE THE PROCEDURE: Day 1-Dose 1

1. For breakfast only your meals may consist of some dairy products: yogurt, cottage cheese, milk, coffee or tea with milk, eggs. After breakfast you may only have clear liquids: coffee, tea (without milk), clear fruit juices with no pulp (apple, white grape or white cranberry), chicken broth, gelatin desserts (no fruit or topping), popsicles, water, clear soda (ginger ale).
2. Drink plenty of plain water throughout the day.
3. You may continue with liquids for your lunch and dinner.
4. **Foods to avoid**: meat, fish, pasta, cereals, vegetables, vegetable juices, breads, fruits, fiber or any other solid food.

For use of your medications see the medication instruction section on the back of this sheet.

STEP ONE: Open 1 bottle of 12 tablets.

STEP TWO: Beginning at _____ 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 15-20 minutes.

If you become uncomfortable, take the tablets and water slower.

STEP THREE: Approximately 1 hour after the last tablet is swallowed, fill the container again with 16 ounces of water and drink the entire amount over 30 minutes.

STEP FOUR: Approximately 30 minutes after finishing the second container of water, fill the container with 16 ounces of water and drink the entire amount over 30 minutes.

ONLY CLEAR LIQUIDS ARE ALLOWED UNTIL BEDTIME. NOTHING TO EAT OR DRINK AFTER MIDNIGHT.

Day 2-Dose 2. Start Dose 2 no sooner than 4 hours after starting Dose 1

Beginning at _____ repeat Steps 1 through 4 using the second bottle of tablets.

Very important: You must use all tablets and water at least 2 hours before your colonoscopy.

1. *Do not eat or drink anything, do not chew any gum until after your examination (see medication section on the back of the sheet)*
2. **You MUST BE ACCOMPANIED BY A FRIEND OR FAMILY MEMBER TO DRIVE YOU HOME.**

Pre Endoscopic Medication Instructions for Patients

For patients with Diabetes:

1. Hold all diabetic medications on the day of the procedure.
2. **Please hold Invokana, Farxiga, Jardiance or Steglatro for 3 days prior to procedure.**
3. **Please hold Ozempic, Wegovy or Munjaro for 1 week prior to procedure**
4. If you use long acting insulin (Lantus, NPH insulin, Humulin N or Humulin 70/30), please use half of your scheduled dose in the evening before the procedure. This will reduce the risk of having very high blood sugar on the day of your procedure even if you are not eating.
5. hold all short acting insulin (Humalog, Humulin R)
6. If you are experiencing low blood sugar and/or having symptoms of low blood sugar (ie: confusion, sweating, shaking, light headedness) consider holding your AM insulin dose instead of splitting the dose in half. Treat your low blood sugar with either clear juice (apple juice) or a sugar candy. Call the ambulatory care triage nurse if you have questions or concerns.

For patients taking other oral medications regularly:

1. You may take your oral (pill) medications on the morning of the procedure with a few sips of water only (ie: blood pressure medications). It is important not to have anything else to eat or drink on the morning of the procedure. This might delay your scheduled procedure or it might be cancelled altogether. Try to take your morning medications early (around 7:00am).
2. If you have any questions about these instructions feel free to contact the ambulatory care triage nurse staff or our office if you have further questions or concerns.

For patients taking Xarelto, Eliquis, Pradaxa, Coumadin, or Plavix:

1. Hold Plavix for 5 days prior to your procedure, unless your physician instructs you to do otherwise. Please contact your Cardiologist/PCP if you have concerns about holding this medication.
2. **Please hold Xarelto, Eliquis or Pradaxa at least 2 days prior to your procedure, or as per your Physician/ Cardiologist instructions. Please hold Coumadin for at least 3-5 days prior to your procedure. Please contact your Cardiologist/Physician if you have concerns about holding these medications**

For patients taking Iron pills/supplements:

Please hold Iron supplements for 5-7 days prior to your procedure.