

SUTAB Colonoscopy Preparation

Preparing for your procedure

Your colonoscopy is scheduled for: _____ Day _____ Date _____ Please check in at: _____ a.m./p.m.

Show your current insurance card and photo ID at check-in.

Doctor: _____ Pharmacy: _____

What you'll need	7 days before your procedure	3 days before your procedure
<p>Get your SUTAB kit (2 bottles, 12 tablets in each bottle) 5 to 7 days before your procedure from the pharmacy written above. Call the pharmacy to confirm that your prescription was received.</p>	<ul style="list-style-type: none"> • Talk with your primary care clinician about stopping any: <ul style="list-style-type: none"> » Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), edoxaban (Savaysa), rivaroxaban (Xarelto) or warfarin. » Antiplatelet medications, such as clopidogrel (Plavix), prasugrel (Effient) or ticagrelor (Brilinta). • Ask your primary care clinician for instructions if you take insulin for diabetes, have heart valve disease or have had heart valve replacement. • Stop taking iron (ferrous sulfate) and multivitamins that contain iron. • Arrange to have a trusted adult drive you home after your procedure or ride with you by bus, taxi or ridesharing service. Don't ride a motorcycle. 	<ul style="list-style-type: none"> • Start eating a low-fiber diet. A low-fiber diet helps make the bowel preparation more effective. See the handout <i>Low-Fiber Diet Guidelines</i> (#20953). • Stop taking fiber supplements (Benefiber, Citrucel, Metamucil, FiberCon).
<p>SUTAB follows a split-dose regimen. This means that over 2 days' time, you'll take 2 doses. Each dose is 12 tablets of SUTAB (24 tablets in total). You'll take each dose with water, then drink more water after taking each dose.</p> <ul style="list-style-type: none"> • Dress comfortably. Remain near a toilet. • Expect to be uncomfortable until the stool has cleared from your colon (2 to 4 hours). • You will have diarrhea. You may have chills. 		<div style="background-color: #333; color: white; text-align: center; padding: 5px;">2 days before your procedure</div> <ul style="list-style-type: none"> • Continue eating a low-fiber diet. • Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass. <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> • Don't drink any alcoholic beverages. • Complete the health history form (if a form was given to you).

1 day before your procedure

- You may eat a small breakfast of low-fiber foods.
- After breakfast don't eat any solid food. Begin a clear liquid diet.** Clear liquids are liquids that look like colored water and you can see through at room temperature.
Don't drink any red or purple liquids. The color may interfere with your procedure. You may have any of the following:
 - » Water, clear broth or bouillon, coffee or tea without milk or nondairy creamer
 - » Gatorade or Powerade noncarbonated sports drink—Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. Don't use powdered Gatorade.
 - » Pedialyte, Propel Electrolyte Water, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, white grape, white cranberry)
 - » Jell-O, Popsicles and hard candy
- Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass.
- At **1 p.m.**, stop taking any other oral medications. You can take them again at 9 p.m. (6 hours after taking the SUTAB dose).
- At **3 p.m.**, open 1 bottle of SUTAB. Fill the container that comes with the bottle to the fill line (16 ounces) with water. Take each of the 12 tablets every 1 to 2 minutes with a sip of the water, then drink the remaining water over the next 15 to 20 minutes.
 - » About 1 hour after taking the 12th tablet, fill the container again to the fill line with water. Drink the entire amount in the next 30 minutes.
 - » About 30 minutes after finishing the 2nd container of water, fill the container again to the fill line with water. Drink the entire amount in the next 30 minutes.
- Continue to drink clear liquids throughout the evening and overnight. Drinking clear liquids makes sure you're hydrated well enough and helps your bowel preparation fully clean out your colon.

Day of your procedure

- Continue a clear liquid diet, including water.
- Ten hours before leaving your home for your procedure**, stop taking any other oral medications.
- Eight hours before leaving your home for your procedure**, open the 2nd bottle of SUTAB. Fill the container that comes with the bottle to the fill line (16 ounces) with water. Take each of the 12 tablets every 1 to 2 minutes with a sip of the water, then drink the remaining water over the next 15 to 20 minutes.
 - » About 1 hour after taking the 12th tablet, fill the container again to the fill line with water. Drink the entire amount in the next 30 minutes.
 - » About 30 minutes after finishing the 2nd container of water, fill the container again to the fill line with water. Drink the entire amount in the next 30 minutes.
- Continue to drink clear liquids until **3 hours before** your procedure. At that time, **stop drinking all liquids**, including water. **Exception:** Take any other necessary oral medications with just a sip of water 2 hours before your procedure.
- Your stool should be clear or yellow liquid. If you're unsure whether your colon is clean, call the number on the handout *Gastroenterology and Endoscopy Locations*.
- Bring the following to your procedure: health insurance card, photo ID, completed health history form (if a form was given to you), trusted adult to drive you home or ride with you if you take a bus, cab or ridesharing service

