

SUTAB Preparation for Colonoscopy

Supplies

- SUTAB Bowel Prep Kit – Prescription sent to your local pharmacy.

7 Days Before Procedure

Do not take any ibuprofen products (nonsteroidal anti-inflammatories – NSAIDS). Tylenol (acetaminophen) is allowed. If you are on aspirin, you may continue the aspirin.

Do not take oral iron tablets

3 Days Before Procedure

Avoid any foods that contain seeds or nuts. These foods take longer to pass through the bowel and should be avoided.

Avoid High Fiber foods, bran and bulking agents like Metamucil. Avoid raw fruits and vegetables.

Cooked fruits and vegetables are approved. Do not eat ANY corn raw or cooked. Avoid popcorn.

A clear liquid diet includes only liquids you can see through. The clear liquid diet starts from the time you wake up the day prior to your procedure.

While you're following this diet:

- Don't eat any solid foods.
- Try to drink at least one (8-ounce) glass of clear liquid every hour you're awake.
- Drink plenty of liquids other than water, coffee, and tea.
- Don't drink anything red or purple.

• **APPROVED CLEAR LIQUIDS – No RED or PURPLE**

- Gatorade or PowerAde
- Pedialyte
- Clear broth or bouillon – chicken or beef
- Coffee or Tea (no milk or non-dairy creamer)
- Carbonated and Non-carbonated beverages
- Kool-Aid or Crystal Light
- Strained Fruit Juices (Apple, White Grape etc.) NO Orange Juice
- Jell-O, Popsicles or Italian Ice

SUTAB is a split-dose (2-day) regimen. A total of 24 tablets is required for complete preparation for colonoscopy. You will take the tablets in two doses of 12 tablets each. Water must be consumed with each dose of SUTAB, and additional water must be consumed after each dose.

Dose 1: Day prior to Colonoscopy_____

DIABETICS: Do NOT take oral medication such as Diabeta, Glucophage, Metformin or Januvia. Take ½ of your regular insulin dose.

- **NO SOLID FOOD** Clear liquids **ALL DAY** **NO ALCOHOL**
- **STEP 1:** At 5:00pm Open one of the two bottles in the kit. It will contain 12 tablets.
- **STEP 2:** Fill the plastic container that comes with the kit with water (there is a line on the container). Swallow one tablet at a time with a sip of water. Spread the time to take the 12 tablets over 15 to 20 minutes. If you run out of water, you can take more water. If you become uncomfortable, you can spread the time over 20 to 30 minutes.
- **STEP 3:** About one hour after taking the last tablet, fill the container with water again (it will be about 16 ounces) and drink over 30 minutes.
- **STEP 4:** About 30 minutes after finishing the second container of water, fill the container again with water and drink that over 30 minutes.
- Note: we are all different. Some people will have a rapid response with bowel movements shortly after beginning the preparation while others will take longer. If you experience preparation-related symptoms (for example, nausea, bloating or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.
- You may continue clear liquids until bed.

Dose 2: Day of Colonoscopy_____

DIABETICS: Do NOT take oral medication such as Diabeta, Glucophage, Metformin or Januvia. Take ½ of your regular insulin dose.

- **NO SOLID FOOD** **NO ALCOHOL**
- If you are insulin dependent, do not take your morning dose of insulin.
- You must check your blood sugar before leaving home. If your level is above 300, please take your Regular insulin according to your sliding scale.
- Please bring your insulin with you to the procedure center.
- At _____ (5-8 hours before your scheduled procedure AND NO SOONER THAN 4 HOURS FROM STARTING DOSE 1), repeat **STEPS 1 through 4**
- It is important to have completed all these steps at least 3 hours before your colonoscopy.
- You may continue clear liquids until 3 hours prior to your procedure.
- A driver must come with you to drive you home after the procedure. You will be sedated for your colonoscopy. You may not drive or work for 12 hours after the procedure.
- **Drinking liquids within 3 hours will cause us to cancel or postpone your procedure. **No gum, hard candy, mints, or tobacco products are allowed within 3 hours of your procedure.**
- **If you have questions about this colon cleansing, please call our office at 330-869-0124 for assistance.**