Sutab Prep Instructions

Colonoscopy

***Please review these instructions at least one week prior to your procedure. If you have any questions, please contact your doctor’s office.***

You are scheduled to have a colonoscopy on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your procedure will be at: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The facility will call you 1-2 business days prior to your procedure with your arrival time. If you have not heard from the facility by 4:00 pm the day prior to your procedure, please contact them directly. *Times listed in your patient portal are not accurate – the facility will provide you with your arrival time.***

Make arrangements to have a designated driver for the day of your procedure. You cannot work or drive the entire day. You are not allowed to drive, take public transportation (i.e. taxi, bus, or Uber) or leave the endoscopy center alone. If you do not have a responsible driver to accompany you, your exam cannot be done with sedation and will be cancelled.

**Medications:**

* For seven (7) days prior, stop herbal medicines, fish oil, and vitamin E.
* All Weight Loss Injectables, for 1 week (7 days) prior, stop taking your injection medication after consulting with your prescribing physician. Follow your prescribing doctor’s instructions for when and what dose following your procedure. These medications include all GLP – 1RA class drugs:

**Saxenda, Wegovy (Semaglutide), Ozempic, and Mounjaro**

* For five (5) days prior, stop iron pills and any vitamins containing iron.
* Blood thinning medications: Medications such as Coumadin (Warfarin), Plavix (Clopidogrel), Ticlid, Agrylin, Xarelto, Pradaxa, Eliquis, and Effient will need to be stopped prior to your procedure. Check with your prescribing physician prior to stopping these medications. Over-the-counter pain relievers (i.e. Aleve, Ibuprofen, Motrin, Advil) should be held for seven (7) days prior to your procedure. Tylenol (Acetaminophen) is ok to take as needed. You do not need to stop 81mg aspirin (baby aspirin).

 Stop \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ days.

* Diabetic medicines: If you take a GLP–1RA class drugs (injectable): **Saxenda, Wegovy (Semaglutide), Ozempic, and Mounjaro,** it is recommended to discontinue use prior to your procedure. If your injection for diabetes is taken **daily,** STOP MEDICATION THE DAY BEFORE. If you take your injection **weekly,** STOP 1 WEEK (7 days) before your procedure. Please consult with your Endocrinologist with questions and concerns regarding your medication. Follow your prescribing doctor’s instructions for when and what dose following your procedure.
* Do not take any diabetic pills the day prior to or the morning of the procedure. Insulin users: The day prior to your procedure, take half of your morning dose and none of the evening dose. The day of your procedure, bring your insulin with you. *You should contact your endocrinologist or prescribing doctor regarding these changes.*
* Do NOT stop taking any heart, blood pressure, anti-seizure, anti-anxiety, or thyroid medications. These medications, if normally taken in the morning, should be taken at least two (2) hours prior to your arrival time with no more than four (4) ounces of water.

**Four days prior to procedure:**

Do not eat popcorn, corn, beans, pickles, seeds (flax, sunflower, quinoa), multigrain bread, nuts, leafy vegetables, vegetable soup, or any fruits with small seeds (i.e. kiwi, strawberries)

**The day prior to procedure:**

Do not eat any solid foods. You will need to follow a clear liquid diet all day.

*Please drink plenty of additional fluids. A colonoscopy prep can cause dehydration and loss of electrolytes. Increasing the amount of fluid you drink will help to clean out your colon and improve your preparation. Don’t count the water you drink during your prep as part of your fluid volume.*

**Allowed:** Water, hot/iced tea, apple juice, black coffee, white cranberry juice, white grape juice, clear broth or bouillon of any kind (beef, chicken, vegetable), gelatin, water ice, soft drinks (Sprite, Ginger-ale), and sports drinks (Gatorade, Powerade, Propel), and hard candy. Honey, sugar, and sugar substitutes are ok.

**Not allowed:** Absolutely no solid foods, milk, creamer, or any items with red or purple dye.

*Follow these instructions for the prep. Do not follow the instructions on the Sutab box.*

1. **At 6:00 PM**: Open one (1) bottle of twelve (12) tablets. Fill the provided container with 16 ounces of water (to the fill line). Swallow each tablet with a sip of water and drink the entire 16 ounces of water over 15 to 20 minutes. **\**If you become uncomfortable, take the tablets and water slower*.**
2. **Sixty (60) minutes after taking the 12th tablet**: Fill the provided container a second time with 16 ounces of water (to the fill line) and drink the entire amount over 30 minutes. At this time, you will also need to take two (2) 250mg Phazyme (Simethicone) tablets.
3. **Thirty (30) minutes after finishing the second container of water**, fill the provided container with 16 ounces of water (to the fill line) and drink the entire amount over 30 minutes.
4. **Eight (8) hours prior to your arrival time**: Repeat steps 1 through 3 exactly as you did previously.
5. **Five (5) hours prior to your arrival time**: Stop drinking all clear liquids. For the 5 (five) hours prior to your arrival time, you will need to be fasting. This means NO liquids, including water. Your stomach must be empty for your procedure. No gum, mints, or smoking during this time.

*NOTE: Individual responses to laxatives vary. This prep may cause multiple bowel movements. It may start working in as little as 30 minutes or take as long as 4-6 hours.*

**Helpful tips:**

* Use baby wipes instead of toilet paper.
* Wear loose fitting clothing
* Remain close to the bathroom. Bowel movements can happen suddenly.
* If anal skin irritation occurs, you may use over-the-counter remedies such as Vaseline.

**Reminders:**

* If prescribed, please have your bloodwork done as soon as possible.
* If required by your insurance, you must obtain necessary referrals for your procedure and follow up visits from your primary care physician.

 (cut here and take with you to your pharmacy) 

**Purchases:**

You will need to purchase the following items in order to complete your preparation. If any of the items below are prescription, your doctor will send an electronic prescription directly to your pharmacy or you will receive a hand-written prescription. Over-the-counter items can be picked up without prescription at your drug store.

1. Sutab Prep Kit (available with prescription at your pharmacy)
2. Four (4) 250mg Phazyme (Simethicone) tablets (over-the-counter)