

SuTAB Bowel Preparation

7 DAYS BEFORE EXAM

Arrange for a ride. You will be given medicine that makes you relaxed and sleepy, so you cannot drive a car. If you arrive without an escort, your procedure may need to be rescheduled.

If you need to reschedule your colonoscopy, please notify our office and the hospital.

Stop taking Iron, Vitamin E, Gingko, Ginger, and Garlic at this time. No Motrin, Ibuprofen, Naproxen, EFFIENT or Aleve. You may take Tylenol.

5 DAYS BEFORE EXAM

Stop taking PLAVIX, BRILINTA, or AGGRENOX at this time.

4 DAYS BEFORE EXAM:

Stop taking WARFARIN or JANTOVEN at this time. If you are unsure what to do, contact the office.

2 DAYS BEFORE EXAM

Stop taking ELIQUIS, XARELTO OR PRADAXA at this time.

Obtain a Bowel Prep Kit from your physician or pharmacy.

IF YOU ARE DIABETIC:

If you are diabetic, watch your blood sugars closely for the next several days. You may need to adjust how you normally take your medications. Check with the office about the adjustments that need to be made. If you are taking diabetic pills, you will take them normally in the morning the day before the exam, but not in the evening. Do not take your diabetic pills the day of the exam. Do not take Byetta or Victoza the day before or the day of the exam. If you take insulin, take your normal dose the morning the day before the exam, but only one-half of your normal doses in the evening or the morning of the exam.

THE DAY BEFORE EXAM:

Drink only *clear liquids* for breakfast, lunch, and dinner. Solid foods, milk, or milk products are not allowed. *Clear liquids* include all of the following that are *not colored red or purple*: strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer), Gatorade, carbonated and noncarbonated soft drinks, Kool-Aide (or other fruit flavored drinks), plain Jello (without added fruit or toppings), and ice Popsicles.

PREP SCHEDULE:

- For Breakfast, Lunch and Dinner - have only *clear liquids*
- At 6 PM begin the SUTAB prep instructions as follows:
 - STEP 1: Open 1 bottle of 12 tablets
 - STEP 2: Fill the provided container with 16 oz of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes
 - STEP 3: One hour after taking the last tablet, fill the container with 16 oz of water again, and drink the entire amount over 30 minutes
 - STEP 4: About 30 minutes after finishing the previous container of water, fill the container again with 16 oz of water, and drink the entire content over 30 minutes. Repeat this step at least one more time.

DAY OF EXAM

PREP SCHEDULE:

- You may have only clear liquids until 2 hours before the colonoscopy. Do not take red and purple liquids, milk, or alcoholic beverages. You may take your prescription medications (except those listed above).
- The morning of the colonoscopy (4 HOURS BEFORE YOU LEAVE HOME FOR YOUR APPOINTMENT):
 - STEP 1: Open the second bottle of 12 tablets
 - STEP 2: Fill the provided container with 16 oz of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes
 - STEP 3: One hour after taking the last tablet, fill the container with 16 oz of water again, and drink the entire amount over 30 minutes. If you have time, repeat this step 30 minutes after the last tablet.
- Arrive at the hospital one hour before your scheduled test.