



## Sutab Colonoscopy Preparation Instructions

Procedure date: \_\_\_\_\_ Procedure time: \_\_\_\_\_ Arrival time: \_\_\_\_\_

**Location of your procedure:** The Center for Advanced Medicine & Surgery (CAMS), 122 Maple Ave, White Plains, NY 10601

### Special instructions:

1. If you take a blood thinning medication (to treat blood clots or to prevent a heart attack or stroke), contact the doctor who prescribes it and ask when to stop taking it.

Examples of blood thinners:

Warfarin (Coumadin)	Clopidogrel (Plavix)	Ticagrelor (Brilinta)
Cilostazol (Pletal)	Dabigatran (Pradaxa)	Rivaroxaban (Xarelto)
Apixaban (Eliquis)	Enoxaparin (Lovenox)	Edoxaban (Savaysa)

2. If you are taking diabetic medications:

- Insulin or other medications for diabetes: You may need to change the dose. Ask your doctor prescribing it what you should do a day before and on the day of the procedure.
- If you are taking metformin do not take it the day before and on the day of your procedure.

3. If you have an AICD (automatic implantable cardioverter-defibrillator) you will need a letter from your cardiologist before your procedure that says it is safe for you to proceed with the procedure.

4. If you have chest pain, trouble breathing that is new or worsening, or a recent episode of fainting, you will have to be examined by your doctor before the procedure.

### Things to pick up from your pharmacy:

1. Laxatives prescribed by your doctor: Sutab
2. If you are constipated, take opioids (morphine, hydrocodone, oxycodone, Percocet, or fentanyl) or have had an inadequate prep on prior colonoscopy, purchase an additional small MiraLAX (119g) bottle.
3. A and D ointment (optional)
4. Clear liquids:

Clear carbonated beverages (Sprite, ginger ale, or seltzer)	Black coffee/ tea (sugar and honey are okay) No milk or creamer.
Water	Clear sports drinks like Gatorade
Clear fruit juices (apple, lemonade, white grape)	Popsicles (without fruit or pulp)
Jell- O (yellow or green)	Fat- free broth

### 5 days before your procedure

- Stop taking your iron supplements and fiber supplements.

### 3 days before the procedure

Start a low fiber diet.

Avoid:

- Raw fruits and vegetables
- Whole grains (oatmeal, whole wheat or multigrain bread, quinoa, brown rice, whole kernel corn)
- Nuts and seeds

### 2 days before the procedure

If you are constipated or have had an inadequate bowel preparation on prior colonoscopy:

Start a full liquid diet (milk, tea, coffee, yogurt, fruit or vegetable juices without pulp, broth, pudding, plain ice cream)

Take MiraLAX 17g in 8 ounces of liquid with each meal (breakfast, lunch, and dinner)

## The day before your procedure

- You may have a low residue breakfast before 10am. Low residue foods include eggs, white bread, cottage cheese, yogurt, grits, coffee and tea.
- **Have only clear liquids after the low residue breakfast.**
- Do not drink anything which is red or purple in color.
- Do not drink any alcohol.
- If taking tetracycline or fluoroquinolone antibiotics, digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before and not less than 6 hours after administration of each dose of SUTAB.

### Sutab Dosing Regimen:

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.

#### Dose 1:



**Step 1:** At 5pm take the first bottle of 12 tabs with 16 ounces of water (fill the provided container with 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 2:** One hour after the last tablet, fill the provided container again with 16 ounces of water and drink over 30 minutes.

**Step 3:** 30 minutes after finishing the second container of water, fill the provided container again with 16 ounces of water and drink over 30 minutes.

## The day of your procedure

- Drink only clear liquids. Do not eat any solid food until after your procedure.
- Stop drinking clear liquids 2 hours before your procedure.

### Dose 2:



5 hours before the procedure take the 2nd bottle of 12 tablets repeat steps 1 to 3.

### Things to remember

- Take your prescribed morning medications you were instructed to take the morning of your procedure with a few sips of water.
- Remove all jewelry including body piercings and leave them at home.
- Don't apply any lotions, creams, or powder to your chest or arms.
- If you wear contacts, wear your glasses instead.
- Bring a list of the medications you take at home.
- If you have an implanted pacemaker or cardioverter-defibrillator (AICD), bring your wallet card with you.