



## **SUTAB Prep Instructions**

### **General Guidelines for Your Colonoscopy**

#### **Why It Is Performed:**

A colonoscopy is an endoscopic procedure used to examine the large intestine. Your doctor may recommend this procedure for:

- Changes in your bowel habits
- Blood in your stool
- Unexplained anemia
- Screening for colon cancer

#### **Before the Procedure:**

- You will receive a phone call by 6 PM the night before the procedure to let you know what time to arrive.
- Arrival times are given to admit you to the unit and prepare you for your procedure. It is important that you arrive on time. Please note: This unit treats both inpatients and outpatients, and emergencies may arise that could cause delays. Please be patient; we will provide you with the best care when it's your turn. Due to the unpredictable nature of procedure units, be prepared to spend the day here.
- Do not bring any valuables or wear jewelry on the day of your procedure, as there is no space to secure belongings.
- **You will receive medication to help you sleep during the procedure, so it's essential to have someone accompany you to take you home. For your safety, you cannot drive or use public transportation alone for 24 hours following the procedure. Please make sure you have a responsible adult available to drive you to and from the appointment. Without confirmation of a post-procedure driver, we will be unable to proceed with the procedure.**

#### **5 Days Before Your Procedure:**

- Read all prep instructions.
- Contact your prescribing physician for instructions on blood thinners.
- Stop herbal, oil-based vitamins and iron supplements.



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- Stop all fiber supplements such as Metamucil (psyllium), Citrucel (methylcellulose), Fibercon (polycarbophil), Benefiber (wheat dextrin), and Konsyl (psyllium hydrophilic mucilloid).
- Stop all medications that stop diarrhea such as Imodium (loperamide), Kaopectate (bismuth subsalicylate), and Pepto-Bismol (bismuth subsalicylate).
- Do not take vitamin E, multivitamins, or iron tablets unless otherwise instructed.
- Avoid salads or high-fiber foods, including nuts, seeds, and popcorn.
- Avoid hard fruits and vegetables.

### **Day Before the Procedure:**

- **Do not eat any solid food.**
- Drink clear liquids only for breakfast, lunch, and dinner, and drink at least 8 ounces of clear liquids every hour while awake.
- Acceptable liquids include:
  - Water (plain, carbonated, or flavored)
  - Fruit juices without pulp (e.g., apple or white grape juice)
  - Fruit-flavored beverages
  - Carbonated drinks (including dark sodas like cola and root beer)
  - Gelatin (not red or purple)
  - Tea or coffee without milk or cream
  - Sports drinks (not red or purple)
  - Clear, fat-free broth (bouillon or consommé)
  - Honey or sugar
  - Hard candy (e.g., lemon drops, peppermint rounds)
  - Ice pops without milk, bits of fruit, seeds, or nuts

### **Start Sutab Bowel Prep:**

Sutab comes in 2 (12 tablet) doses. The tablets may make your abdomen (belly) swell or feel uncomfortable. This is normal. You may also feel nauseous (like you're going to throw up) or experience distention (a bloated, hard abdomen). If you experience pain or vomiting, stop for 20-30



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minutes, then start again. **Pain is not normal**—call your healthcare provider if you experience pain in your abdomen or vomit.

### When to Take Each Dose of Sutab Bowel Prep:

#### Dose 1:

- Start taking Dose 1 around 4 PM the day before your colonoscopy.
- Open 1 bottle (12 tablets) of Sutab bowel prep.
- Fill the empty water container with 16 ounces (2 cups) of water, up to the fill line.
- Swallow 1 tablet with a sip of water every 1 to 2 minutes. Drink all 16 ounces of water. Finish all 12 tablets and all 16 ounces of water within 20 minutes.

#### Dose 2:

- Start taking Dose 2 around 10 PM the day before your colonoscopy.
- Repeat the steps from Dose 1.

### Finish Drinking 4 Hours Before Your Arrival Time

**Important:** You must take all of the prep solution as directed to clean your bowel adequately. Even if you are passing clear liquid, continue taking the entire dose of the prep.

#### Day of Procedure:

- No solid food or alcohol.
- Do not drink anything unless you are still completing the Sutab prep.
- No gum or breath mints.

#### Medications:

- **Do not eat or drink anything** except for your needed medications with a sip of water early in the morning.
- If you are taking medications for high blood pressure, seizures, thyroid, or prednisone, you may take them the morning of the procedure or at least 2 hours before the procedure with a small sip of water.
- If you are diabetic:
  - If you take a “sugar” pill, do not take it on the day of your procedure.
  - If you are taking regular insulin (R), do not take it on the day of your procedure.



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- If you are taking any other insulin preparation, please contact your prescribing physician for instructions.
- If you are taking Coumadin (Warfarin), Plavix (clopidogrel), or other blood thinners, contact your prescribing physician for instructions on when to stop taking this medication.
- If you take aspirin daily, continue taking it as prescribed.
- Inform your doctor of any allergies.

### **During the Colonoscopy:**

- An IV will be started to administer fluids, medications to put you to sleep, and other necessary medications.
- Once you are asleep, the doctor will perform a digital rectal exam using a gloved, lubricated finger.
- The colonoscope will pass through your rectum and colon to the cecum. A video camera on the colonoscope will display images of your colon on a monitor for the doctor to view.
- Your colon will be inflated with air or carbon dioxide (CO<sub>2</sub>) to improve visibility.
- A biopsy may be performed if needed, using instruments passed through the colonoscope to obtain tissue samples for lab testing.

### **After the Procedure:**

- Once the procedure is finished, you will recover from anesthesia in the recovery area. Your doctor will discuss the procedure results with you. It is common to forget some of the conversation due to anesthesia, so having a family member present is advisable.
- Do not drive, operate heavy machinery, or drink alcohol for 24 hours after your procedure. Rest at home.
- We recommend eating something light, such as scrambled eggs, toast, or a sandwich, since you haven't eaten for over 8 hours. Avoid fried or fatty foods and large meals initially. You may eat more once you've tried something light and tolerated it well. You may also have excess gas, so avoid foods that cause additional gas, like beans or carbonated beverages.

### **Call Your Doctor Immediately If You Experience:**

- Severe or persistent abdominal pain that doesn't improve by passing gas
- Rectal bleeding that turns the entire toilet bowl red
- Fever over 101.5°F or chills



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- Vomiting blood or black, coffee ground-like material
- Severe dizziness, fainting, or chest pain

### **Common Side Effects:**

- Nausea or vomiting
- Excessive gas, bloating, or cramping

**Note:** These symptoms should improve with each day. If they are more severe or last longer than expected, contact your doctor.

### **Medications After Discharge:**

- You can resume your daily medications following the procedure. If you are taking any blood-thinning medications, discuss with your doctor when to resume them.

### **Commonly Prescribed Blood Thinners:**

- Rivaroxaban (Xarelto)
- Dabigatran (Pradaxa)
- Apixaban (Eliquis)
- Heparin
- Warfarin (Coumadin)
- Clopidogrel (Plavix)
- Aspirin (acetylsalicylic acid)
- Enoxaparin (Lovenox)
- Ticagrelor (Brilinta)

### **Follow-Up:**

- Contact your physician to schedule a follow-up appointment.



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