

Colonoscopy Bowel Preparation Instructions (SUTAB®)

Note that these instructions are also used if you are having an upper endoscopy and a colonoscopy scheduled for the same day.

PLEASE READ ALL INSTRUCTIONS ON THE DAY YOU RECEIVE THEM

Our goal is to provide excellent quality care during your visit with us and throughout your experience with our office. We have included some very important information pertaining to your procedure and care.

If you must cancel or reschedule your procedure, please call **Westside Gastroenterology at 317-745-7310** as soon as possible.

Please contact Westside Gastroenterology at 317-745-7310 with any prep questions or concerns.

About Colonoscopy

Bowel preparation (cleansing) is needed to perform an effective colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the colonoscopy. You should plan to be in the procedure area for 3-4 hours. It is critical that you follow the instructions as directed. Your physician will discuss your procedure results with you and your family members when you are in the recovery room. If any biopsies or tissue removal is performed, you will receive a letter with those results about 2-3 weeks after the procedure. If there are serious findings on the biopsy, your physician will contact you.

Every effort will be made to keep your appointment at the scheduled time, but unexpected delays and emergencies may occur and affect your procedure time. We give each patient the attention needed for his or her procedure and apologize in advance for delays if these occur.

14 DAYS BEFORE PROCEDURE

- If you are taking weight loss medication, contact your prescribing physician for instructions on stopping the medication prior to your procedure.

7 DAYS BEFORE PROCEDURE

- Read all prep instructions.

- Purchase prep medications and clear liquid diet items.
- **Make arrangements for someone 18 years or older to come with you to the procedure.** Sedation is usually given during your procedure. A responsible adult must be present before, during, and after your procedure. Drop-offs are not allowed. After your procedure, you will not be able to drive, operate machinery, make important decisions, or return to work for the rest of the day. You may resume normal activities the next day unless your doctor directs otherwise. No Taxi or Uber/Lyft drivers.
- **Begin avoiding corn, popcorn, nuts, or foods containing visible seeds.**
- Stop any multivitamins, iron supplements, and herbal supplements.

2-7 DAYS BEFORE PROCEDURE

- **STOP anticoagulants/blood thinners** exactly as you have been instructed by your prescribing physician. This may include clopidogrel (Plavix®), warfarin (Coumadin®, Jantoven®), dabigatran (Pradaxa®), apixaban (Eliquis®), or other non-aspirin blood thinners. Do not stop these medications on your own. If you are uncertain if you need to stop a medication, please call our office for instructions. If you take low-dose aspirin (81 mg), you may continue taking it.
- If you have diabetes and were not given specific instructions for management of medications, please contact the provider who prescribes your diabetes medication for adjustments prior to your procedure.

2 DAYS BEFORE PROCEDURE

- Stop anti-inflammatory medications ibuprofen (Motrin®, Advil®), naproxen (Aleve®).
- Celebrex® and acetaminophen (Tylenol®) are ok to use.

The 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. Water must be consumed with each dose of SUTAB®, and additional water must be consumed after each dose.

1 DAY BEFORE PROCEDURE

- No solid food.
- Drink plenty of fluids throughout the day to avoid dehydration including water, clear fruit juices, white grape juice, apple juice, Kool-

Aid[®], POWERADE[®], clear soup broth or bouillon, popsicles, coffee (no cream), tea, hard candy/jelly beans, soda pop (7-Up[®], Sprite[®], regular or diet Pepsi[®] and Coke[®], ginger ale, orange soda), Jell-O[®] (without fruit or other additions).

- **NO ALCOHOL**
- **NO RED/PURPLE colored drinks, popsicles, or Jell-O[®].**
- At 6 pm, take your **first dose of SUTAB[®].**
- **Step 1:** Open 1 bottle of 12 tablets.
- **Step 2:** Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount of water over 15-20 minutes.

Important: 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.

- **Step 3:** Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.
- **STEP 4:** Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

DAY OF PROCEDURE

- The morning of colonoscopy (5-8 hours prior to the procedure and no sooner than 4 hours from starting Dose 1), open the second bottle of 12 tablets of SUTAB[®].
- **STEP 1:** Open 1 bottle of 12 tablets.
- **STEP 2:** Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount of water over 15-20 minutes.
- **STEP 3:** Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.
- **STEP 4:** Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.
- Do not eat or drink anything (SOLID, LIQUID, OR ALCOHOL) 4 hours prior to arrival time.
- You can take your morning medications with sips of water but do not take ace inhibitor blood pressure medication (e.g. lisinopril, enalapril, benazepril).

- If taking tetracycline or fluoroquinolone antibiotics, iron, 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.
- Wear loose-fitting clothes, NO jewelry, makeup, or hair products.

The goal of the bowel prep is to have colorless (or close to colorless) liquid stool by the time the colonoscopy procedure will occur. It is normal to have yellow or green diarrhea, regardless of the color of the clear liquid diet drinks.

Note: If you think the prep is not working call the office at 317-745-7310, or if after hours call the hospital operator at 317-745-4451 and ask for the GI doctor on call.

What to expect after the procedure

- Check your discharge paperwork for instructions regarding new medications or changes to your prior medications and other directions.
- You may also experience some cramping or bloating because of the air introduced into the colon during the procedure. This should disappear quickly when you pass gas. You may consider taking Gas-X[®] pills (over the counter) at home to help with this. Call our office with any severe or worsening abdominal pain.
- You were given sedation during the procedure. A responsible adult must drive you home. No driving is allowed for the rest of the day. No exceptions.
- We recommend having a responsible adult stay with you through the rest of the day after the procedure.
- Rest at home with activity as tolerated. Avoid dangerous activities.
- Even if you feel alert after the procedure your judgment and coordination may be impaired for the rest of the day. Drink no alcohol, as this can interact with sedation you received.
- After your procedure, progress as tolerated to your usual diet. You may want to start with a bland diet such as bread, rice, pudding, applesauce, mashed potatoes, cold cereal, or ice cream, although there are no specific food restrictions.
- The day following your procedure you may resume all normal activities and diet.

Here are some educational resources that you may find helpful:

<https://www.youtube.com/watch?v=eA1PIMa1ULg>

<https://gastro.org/practice-guidance/gi-patient-center/topic/colonoscopy/>

American College of Gastroenterology <https://gi.org/>

American Society of Gastrointestinal Endoscopy <https://www.asge.org/>

American Gastroenterological Association <https://gastro.org/>