

SUTAB PREP:

Go to the pharmacy several weeks before your colonoscopy to be well prepared. My office will send the SUTAB prep to your pharmacy on file.

Purchase the following products:

1. SUTAB prep which will be sent to your pharmacy.
2. Dulcolax (Bisacodyl) 4 pills, 5mg tablets
3. Simethicone 125mg, 1 pill.
4. Magnesium citrate 10 fluid ounce, 1 bottle

Arrange for a ride. You will NOT be allowed to drive home after the procedure. From check in to exiting the facility, your ride should allot 2-3 hours.

1 Week before the colonoscopy:

Eat a low residue diet. Do NOT eat the following:

1. Raw (uncooked) fruits and vegetables.
2. Seeds (sesame, poppy, chia, etc)
3. Whole grains (oatmeal, brown rice, quinoa, wheat breads)
4. Corn (canned or popcorn)
5. Nuts

Medications:

If you are on blood thinners, you will be instructed to hold the blood thinner for several days before the procedure. Some examples include Coumadin (Warfarin), Plavix (Clopidogrel), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Eliquis (Apixaban) and Effient (Prasugrel). I may get clearance from your cardiologist or hematologist prior to holding these types of blood thinners before your colonoscopy.

Any iron supplements need to be held 7 days before your colonoscopy.

Any GLP-1 agonists or SGLT-2 inhibitors agents including Wegovy, Ozempic, Mounjaro, Zepbound, Trulicity, Bydureon need to be held 7 days before colonoscopy.

One day before colonoscopy:

Do not eat any solid foods for breakfast, lunch or dinner.

You must be on a clear liquid diet. Clear liquid diet includes the following:

1. Water
2. Broth
3. Juices without pulp
4. Jello/Gelatin
5. Tea/Coffee without creamer or milk
6. Clear sodas
7. Gatorade/Powerade (except red or purple color)
8. Popsicles without solid pieces of fruit

9. Hard candy

Do NOT drink any ETOH the day before the colonoscopy.

4PM:

Take 4 Dulcolax pills with an 8 ounce glass of water.

6PM:

1st bottle of Sutab:

1. Open 1 bottle (12 tablets) of Sutab bowel prep.
2. Throw away the “desiccant” tablet.
3. Fill the provided water container with 16 ounces of water, up to the fill line.
4. Swallow 1 tablet with a sip of water every 1-2 minutes. Finish all 12 tablets with 16 ounces of water within 30 minutes.
5. One hour after finishing step #4, fill the empty water container with 16 ounces of water up to the fill line. Drink all 16 ounces of water within 30 minutes.
6. 30 minutes after finishing up step #5, fill the empty water container with 16 ounces of water up to the fill line. Drink all 16 ounces of water within 30 minutes.

** If you begin to feel nauseous, stop drinking the water and give yourself a 30 minute break. It is better to keep the solution down than vomit it up.

2nd bottle of Sutab:

The 2nd dose of Sutab should be taken according to the table below. For instance, if your scheduled arrival time is at 9AM, you need to wake up and take the 2nd dose at 3AM and finish it by 5AM.

Follow the same instructions as the 1st bottle of Sutab.

Scheduled arrival time	START your remaining prep at:	Complete entire prep by:
7 AM	1 AM	3 AM
8 AM	2 AM	4 AM
9 AM	3 AM	5 AM
10 AM	4 AM	6 AM
11 AM	5 AM	7 AM
12 PM	6 AM	8 AM
1 PM	7 AM	9 AM
2 PM	8 AM	10 AM

Scheduled arrival time	START your remaining prep at:	Complete entire prep by:
3 PM	9 AM	11 AM
4 PM	10 AM	12 AM

Take Simethicone 125mg x 1 pill after finishing the 2nd dose of Sutab.

1 hour after finishing the 2nd dose of Sutab, if your bowel movements are not clear or light yellow, take 1 bottle of Magnesium citrate.

3 hours before your arrival:

Do not eat or drink anything. This includes mints or candies. Your procedure may be delayed or canceled.

Day of your procedure:

1. Wear light and comfortable clothing.
2. Take any medications with small sips of water.
3. Do not drink any liquids within 3 hours before your arrival time.
4. You can brush your teeth.
5. You will show up at the facility and register at the front desk.
6. You will be taken to the preoperative area.
7. A nurse will place an IV in your arm.
8. You will be taken back to the procedure room where I will greet you. We will discuss the reason for the procedure and answer any questions you may have.
9. The anesthesiologist will administer anesthesia medications. You will not feel any pain or discomfort.
10. The colonoscopy can take anywhere from 20 minutes or more depending on your anatomy and number/size of polyps.
11. After the procedure, you will be taken to the post procedure recover area. Your family member/friend/ride will be allowed to sit at your bedside.
12. I will come out and explain all your findings and discuss next steps if necessary.
13. If you had any polyps removed or biopsies done, my office will connect with you in 1-2 weeks to explain your results. I will review those results to determine when your next colonoscopy should be done.

After the colonoscopy, we recommend that you take it easy. Do NOT drive, drink alcohol or operate heavy machinery.

The day after the procedure, you will be allowed to resume normal activities.