



PROCEDURE INSTRUCTIONS SUTAB

Please follow the instructions below rather than on the package. You may NOT have breakfast the day before the procedure.

It is very important to follow these instructions to ensure full visualization of your colon. Inadequate preparation limits the value of this procedure and could necessitate rescheduling your exam.

	Day <u>BEFORE</u> the procedure	Day <u>OF</u> the procedure
Diet Instructions	<ul style="list-style-type: none">• NO SOLID FOODS<ul style="list-style-type: none">• You may have clear liquids.• Water, coconut water (without pulp), broth (without pulp), clear juices, lemonade, Gatorade (no purple or red), sodas, jello (no red or purple), tea, coffee (without cream).• Protein drink: one protein supplement drink is allowed the day before the procedure (ex. Ensure).• Avoid: alcohol, dairy products, anything red or purple, anything with pulp.• Do NOT drink alcohol• Do NOT take other laxatives while taking SUTAB.• Do NOT take oral medications within 1 hour of starting each dose of SUTAB.• If taking tetracycline or fluoroquinolone antibiotics, iron, digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before and no less than 6 hours after administration of each dose of SUTAB.	<ul style="list-style-type: none">• NO SOLID FOODS<ul style="list-style-type: none">• Drink clear liquids up until 3 hours before your procedure.• Nothing by mouth 3 hours before your appointment, not even a sip of water.• No gum, hard candy or breath mints.• NO Jewelry.
Laxative Solution Preparation	<ul style="list-style-type: none">• 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.	
Reminders	<ul style="list-style-type: none">• Ensure you have a driver to take you home after the procedure.• Take your regular medications the day before the procedure, unless otherwise directed by our staff or your doctor. See additional instructions below for more details.	<ul style="list-style-type: none">• Do not take your regular medications, unless otherwise directed by our staff or your prescribing physician.

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Take Dose 1 the day before the colonoscopy at _____

Take Dose 2 the next morning at _____

Dose 1: The evening before your colonoscopy

- **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 to 20 minutes. Take your time – slowly finish all the 12 pills.
- **STEP 3:** DRINK ADDITIONAL WATER. Approximately 30 mins after finishing the first container of water, fill the provided container with another 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.
- **STEP 4:** Approximately 30 mins 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.

Dose 2: The morning of the colonoscopy

- **STEP 1:** Continue to consume only clear liquids until 3 hours before the colonoscopy.
- **STEP 2:** 5 hours prior to the colonoscopy, open the second bottle of 12 tables.
- **STEP 3:** Repeat step 1 to step 4 from Dose 1.

Additional clear liquids may be consumed, but you must stop drinking liquids 3 hours prior to your colonoscopy.



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Note

- SUTAB is an osmotic laxative indicated for cleansing of the colon in preparation for colonoscopy in adults.
- Be sure to tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. SUTAB may affect how other medications work.
- Medication taken by mouth, may not be absorbed properly when taken within 1 hour before the start of each dose of SUTAB.
- The most common adverse reactions after administration of SUTAB were nausea, abdominal distention, vomiting, and upper abdominal pain.
- Contact your healthcare provider if you develop significant vomiting or signs of dehydration after taking SUTAB or if you experience cardiac arrhythmias or seizures.
- If you have any questions about taking SUTAB, call your doctor.

General Procedure Instructions:

- **Your procedure will be performed at the Boulder Medical Center, GI-LAB located on the 2nd floor at 2750 Broadway Boulder, CO 80304.**
- Please check in at the kiosks in the lobby on the first floor with your insurance card.
- You will be receiving I.V. anesthesia
- You may not drive or work the day of the procedure.
- After the procedure you will remain in the GI Lab recovery unit until you recover from sedation. On average, most patients are discharged 1.5 hours after they arrive.
- Patients who have received anesthesia may not drive for the remainder of the day. For safety and liability reasons, you **MUST** have an adult pick you up.
 - Please note that if you cannot provide appropriate transportation information during check in, unfortunately, we will need to cancel your procedure.
 - Dignity Car or other similar medical transportation service is acceptable.
- You may be asked to stay in town for 3 days following your procedure should a large polyp be removed.
- To reschedule or cancel your appointment, please call **(303) 440-3216**.
- Please be aware that cancellation of your appointment must be made at least 48 hours in advance in order to avoid a cancellation charge of \$150.
- If you have any medical questions about the instructions, please call the gastroenterology office at (303) 440-3094.