

SUMMIT DIGESTIVE & LIVER DISEASE SPECIALISTS

DAVID CHUA, MD
RAJEEV NAYAR, MD
ALBERT SAPORTA, MD

BOWEL PREPARATION FOR SUTAB

FIVE DAYS BEFORE YOUR COLONOSCOPY:

- Aim to have a light, low fiber diet (50% less of what you regularly eat) to reduce stool production
- Avoid nuts, lettuce, fruits and vegetables with seeds and popcorn
- Take Milk of Magnesia 3 tablespoons every night at bedtime
- Stop taking iron supplements and NSAIDs (Ibuprofen, Advil, Motrin, Aleve, Naproxen)

THE DAY BEFORE YOUR PROCEDURE: Follow a clear liquid diet ALL day long (NO SOLID FOOD):

- Drink 8 oz (1 cup) of clear liquids every hour while awake
- Water (Plain, carbonated or flavored)
- Fruit juice without pulp (Apple juice or white grape juice)
- Lemonade or clear colored soda (Sprite, 7-up)
- Black coffee or tea (DO NOT ADD ANY MILK OR CREAM)
- Sports drinks such as Gatorade, Powerade, etc (NO RED OR PURPLE)
- Clear, fat-free broth (Chicken, beef or vegetable)
- Popsicles without ANY milk, fruit bits, seeds, nuts (NO RED OR PURPLE)

Sutab Instructions: **PLEASE FOLLOW THE INSTRUCTIONS BELOW. DO NOT FOLLOW THE INSTRUCTIONS ON THE BOX**

– 12:00PM the day before your procedure:

Step 1: Fill the provided container with 16 oz of water. Swallow 1 tablet every 2 minutes for a total of 12 tablets with sips of water for total of 16 oz of water.

Step 2: Approximately 1 hour after the last tablet is ingested fill the provided container again with 16 oz of water and drink the entire amount over 30 minutes.

Step 3: Approximately 30 minutes after finishing the second container of water fill the provided container with 16 oz of water and drink the entire amount over 30 minutes.

– 8:00PM the day before your procedure: Take the second dose of Sutab by repeating steps 1-3 above

****IMPORTANT: YOU NEED TO STOP DRINKING LIQUIDS 6 HOURS BEFORE YOUR PROCEDURE TIME!****

****IMPORTANT: ASK A FRIEND OR RELATIVE TO DRIVE AND ASSIST YOU HOME AFTER THE PROCEDURE. YOU CANNOT TAKE AN UBER OR TAXI HOME ALONE!****

DIABETIC PATIENTS:

- If you are taking an oral hypoglycemic: **DO NOT** take it the day before and of your procedure.
- If you are taking **insulin**, **please take half** of your prescribed AM insulin dose the day before the procedure and **skip your night time insulin dose**.

MEDICATION INSTRUCTIONS:

- **You will need to stop the medications listed below 5 days before the procedure:**
Anticoagulants/blood thinners: Coumadin/Warfarin, Apixaban/Eliquis, Plavix/Clopidogrel, Rivaroxaban/Xarelto, Ticagrelor/Brilinta, Prasugrel/Effient.
Consult your prescribing doctor before stopping this medication.
- **You may take your regular medication unless instructed otherwise.**

If you have any questions please contact our office at 630-889-9889