

SUTAB PREP (procedure 10 AM and later)

General Guidelines:

- If SUTAB preparation is not covered by your insurance, please use a coupon at <https://www.sutab.com/savings>
- If you have a **defibrillator**, are on **dialysis**, or are **significantly overweight (BMI>50)**, you must schedule your procedure at a hospital (not an outpatient endoscopy center).
- If you take certain diabetes or weight loss medicines including Ozempic, Rybelsus, Wegovy, Mounjaro, Adlyxin, Trulicity, Victoza, Saxenda, Byetta, or Bydureon, you must stop your medicine at **least 1 week prior** to your colonoscopy.
- For 5 days prior to your colonoscopy, avoid fiber supplements, seeds, nuts, skins of fruits, vegetables, whole grain bars and bread.
- Iron, vitamin E, and NSAIDs (e.g. ibuprofen, naproxen, and diclofenac) should be stopped 3 days prior to your colonoscopy. Tylenol, aspirin, and multivitamins are permitted.
- If you take blood thinners or anti-platelet agents such as Coumadin, Eliquis, Xarelto, Pradaxa, Plavix, Effient or Brilinta, you must contact your **cardiologist/internist** to find out when to stop your medication.
- No marijuana 12 hours prior to the procedure.
- Due to the sedation for your procedure, you **must** be accompanied by a driver. No driving is permitted until the following day.

FOLLOW THESE INSTRUCTIONS (please disregard the manufacturer's instructions):

The day before the colonoscopy—all day:

Follow a **clear liquid diet**. Do not eat any solid food (including breakfast). Please see examples on the back of this sheet. Drink as much fluid as you can throughout the day.

The day before the colonoscopy, at **7 PM:**

1. Take 2 extra strength Gas-X (simethicone) 125mg soft gels or tablets).
2. Fill the container provided with SUTAB with 16oz of water (up to the fill line).
3. Open 1 bottle of 12 SUTAB tablets. Swallow each tablet with a sip of water from the container. Do not swallow the larger desiccant cylinder. **Finish all 12 tablets and the 16oz of water over 30 minutes**. To prevent nausea, do not take all 12 pills at the same time. If you become uncomfortable, consume the tablets and water at a slower pace and keep walking around to promote intestinal motility.
4. 30 minutes after completing the last tablet, refill the container with 16oz of water **two more times** and drink this entire amount (32oz) over 1 hour.
5. You may keep drinking clear liquids until midnight.

The day of your colonoscopy (procedure 10AM and later):

Starting **5 hours** prior to your scheduled procedure, take the second preparation dose, repeating steps 1, 2, 3, and 4 above.

Optional: If you do not feel clear after completing the prescribed prep, take 3 capfuls of Miralax in 8 oz of water. You may repeat this until the stool is clear.

You must **complete the entire preparation at least 3 hours** prior to your procedure start time.

Do **not** drink any liquids (including Miralax) within 3 hours of your procedure or it may be cancelled.

Name: _____ Procedure Date: _____

REGISTER AT: _____ AM. PM. PROCEDURE AT: _____ AM. PM.

REPORT TO:

____ Florham Park Endoscopy Center, 195 Columbia Turnpike, Florham Park, NJ. 973-410-1800

____ Hanover Endoscopy Center of Northern NJ. 91 South Jefferson Rd, Suite 300 Whippany, NJ. 973-929-6800.

____ Cooperman Barnabas Medical Center, Cooperman Family Pavilion, Main Entrance, 94 Old Short Hills Rd, Livingston, NJ 07039. 973-322-5062