Lynch Surgical Group
SUTAB Colonoscopy Prep Instructions

Procedure Date: **Place of Service:**

Pretesting phone appointment:

Please make transportation arrangements, you will not be able to drive yourself home.

Procedure Time: The hospital will call the day before the procedure or sooner to give you the arrival time for your procedure.

You will need to obtain the SUTAB prep from a Pharmacy.

- If you have received instructions regarding mail-in pharmacy, please follow them accordingly. The phone number for **Gift Health Pharmacy is (833)614-4438**. If you haven't heard from them at least 2 weeks before your procedure, please call them.
- If you are picking up the prescription from your local pharmacy, please contact the pharmacy in advance to make sure the prep is in stock.
- If you do not have your SUTAB 1 week before your procedure call our office to arrange for an alternative prep. It is your responsibility to make sure you have a bowel prep.

Important things to note:

Do not take any anti-inflammatories (Ibuprofen, Advil, Aleve, Motrin, Nuprin, Medipren or fish oil) for **5 days prior to your procedure.** You may take Tylenol.
Do not eat popcorn or chia seeds **5 days prior to your procedure**

If you are currently taking any prescribed blood thinners:

- Plavix, Effient, Brilinta, Warfarin/Coumadin - needs to be stopped **5 days prior to your procedure**
- Pradaxa, Eliquis – needs to be stopped **2 days prior to your procedure**
- Xarelto – needs to be stopped **2 days prior to your procedure**
- Aspirin – 81mg, needs to be stopped **5 days prior** unless instructed to continue by our office.

Our office will contact your prescribing physician to request clearance for you to stop these prior to the procedure. Plan on stopping them for the number of days listed unless you are contacted and told otherwise. If your doctor does not grant clearance you will be contacted and advised to continue taking your medications as normal. If you have any concerns about this you may contact your prescribing physician.

If you are 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.

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2 days prior to your colonoscopy:

Low fiber diet all day. Avoid: nuts, seeds, granola, vegetables, corn, etc.

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1 day prior to your colonoscopy:
Your **clear liquid diet** begins when you wake up this morning, this means absolutely no solid foods. If you consume solid foods at any point during this day you will need to contact our office and your procedure may have to be rescheduled.

Things you may have:
- Any water, sodas, clear fruit juices, sports drinks, drink mixes such as crystal light, etc.
- Coffee and tea's, you may add sugar or sweeteners but no milk or milk products and no powdered creamer products
- Soup broths, Consomme, bullion - make sure there are no food pieces
- You may also have popsicles and jello, make sure there is no added fruit/fruit pieces
- **Please do not drink anything red or blue**
- No cigarette's, chewing tobacco, or vaping of any kind the day of your prep

All day: Throughout the day drink 4-6 (8 oz.) glasses of water or clear liquids. The more you drink the better your prep will be.

- **STEP 1** – 4:00 PM: Open 1 bottle of 12 tablets
- **STEP 2** – Fill the provided container with 16 ounces of water (up to the fill line). Swallow one tablet every 1-2 minutes with a sip of water. Then, drink the entire amount of water over 30 minutes.
    - If you experience preparation-related symptoms (nausea, bloating, cramping), pause or slow down the rate of drinking the additional water until your symptoms diminish
- **STEP 3** – 1 hour after the last tablet is ingested, fill the 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 container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.
- **STEP 5** – 5 Hours Before Procedure Arrival Time: Open the second bottle of 12 tablets.
- **Repeat Steps 2 through 4 above**
- **IMPORTANT: You must complete all SUTAB tablets and required water at least 2 hours before colonoscopy. Do not take anything by mouth starting 2 hours before your procedure arrival time.**

Prep Tips
- Continue to drink clear liquids during the prep to aid in being completely clear.
- Walking around helps the prep go down.
- You may reduce rectal soreness from the prep by cleansing with baby wipes after bowel movements and then applying zinc oxide to the skin in the rectal area.
- A good prep may lengthen the time needed before your next colonoscopy!

If you have any questions please feel free to contact our office at (812) 232-1123.