

*****If you are taking any blood thinners like: Plavix (clopidogrel), Coumadin(warfarin), or Pradaxa, please stop taking them 5 DAYS PRIOR to procedure.**

If you are taking shorter acting blood thinners like: Xarelto or Eliquis please stop taking them **2 DAYS PRIOR TO PROCEDURE.*****

(SUTAB)

Day Before Your Colonoscopy

The entire day before the procedure have only clear liquids (see list below).

Solid food, milk or milk products are not allowed.

****Acceptable clear liquids: (any of the following not colored red or purple)**

Apple juice, White grape juice, strained fruit juices without pulp, sports drinks such as Gatorade, Gelatin (Jell-O), Popsicles or ice pops (read the label), clear soda, Tea- unsweetened or diet, Flavored water, sodas. **No broth within 8 hours of procedure. NO MARIJUANA PRODUCTS 48 HRS PRIOR TO YOUR PROCEDURE**

Diabetic Patients:

- **Blood Sugar Management:**

Please check your blood sugar more frequently throughout the day during this 2-day prep. When selecting foods listed on the clear liquid diet, please drink regular juices and sodas. You may consume non-diabetic products the day before procedure. If your blood sugar becomes low during your preparation when you are to be drinking water only, you may drink clear juices to help raise your blood sugar. If you have any concerns regarding your blood sugar, please call our office and speak to one of the nurses. If it is after hours, call the main office number and speak to the physician on call.

- **Oral Medications:**

STOP TAKING METFORMIN (GLUCOPHAGE) 48 HOURS PRIOR TO PROCEDURE

- **Insulin Medications:**

Take only ½ the regular PM dose of insulin the evening prior to the procedure.

Check your glucose level the morning of your procedure. Hold insulin if level is low, otherwise you may take half the regular insulin in the morning.

The Dosing Regimen

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.

***DOSE 1** – On the Day Prior to Colonoscopy starting at 5pm

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.

IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause, or slow the rate of drinking the additional water until your symptoms diminish.

Drink additional water

STEP 3: Approximately 1 hour after the last tablet is ingested, fill the provided 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 provided container with 16oz of water (up to fill line) and drink the entire amount over 30 mins.

