


# SUTAB

**\*follow the instructions on this paper DO NOT FOLLOW THE INSTRUCTIONS ON THE SUTAB BOX\***

**PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED**

7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p style="text-align: center;">Supplies</p> <ul style="list-style-type: none"> <li>• SUTAB Bowel Prep Kit – Prescription sent to Gifthealth pharmacy (Please call 833-614-4438 to coordinate receiving your prep if you have not already)</li> <li>• Purchase Gas-X tablets (Simethicone). The cherry flavor, pink tablets are approved to use during the prep.</li> </ul> <div style="text-align: center;">  </div> <p>If you take medication to thin your blood, such as <b>Coumadin</b> (warfarin), <b>Plavix</b> (clopidogrel), <b>Xarelto</b> (rivaroxaban) or <b>Pradaxa</b> (dabigatran), <b>Eliquis</b> (apixaban), <b>Aggrenox</b> (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p><b>STOP</b> all fiber supplements or medications containing iron 7 days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel and Fibercon.</p> <p>Arrange for a driver on the day of your procedure.</p>	<p><b>STOP</b> consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> <li>• NO raw vegetables</li> <li>• NO corn (raw or cooked)</li> <li>• NO whole wheat or high fiber breads</li> <li>• NO nuts or popcorn</li> <li>• NO bran or bulking agents</li> </ul> <p>Confirm that you have a driver for the day of the procedure.</p> <p><b>A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.</b></p> <p>Review paperwork and sign</p> <ul style="list-style-type: none"> <li>• Multi-authorization</li> <li>• Notice of Privacy Practices</li> </ul>	<p><b>NO SOLID FOOD NO ALCOHOL</b> Clear liquids ALL DAY</p> <p><b>AVOID</b> anything red or purple in color. <b>NO</b> milk products or non-dairy creamer. <b>SEE ATTACHED LIST OF CLEAR LIQUIDS</b></p> <p><b>DIABETICS:</b> Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA Take ½ of your regular insulin dose</p> <hr/> <ul style="list-style-type: none"> <li>• STEP 1: <b>At 4:00pm</b> Fill the plastic container that comes with the kit with water (there is a line on the container). Drink the entire cup over the next hour.</li> <li>• STEP 2: <b>AT 5 PM</b> Fill the plastic container that comes with the kit with water again (there is a line on the container). Open one of the two bottles in the kit. It will contain 12 tablets. Swallow one tablet at a time with a sip of water every 3-4 minutes. If you run out of water, you can drink more water. If you become uncomfortable or nauseated take a break for a few minutes then resume taking tablets every 3-4 minutes until the 12 are gone. Take one Gas-X tablet. This can take about an hour.</li> <li>• STEP 3: About one hour after taking the last tablet, fill the container with water again and drink over 30 minutes.</li> <li>• STEP 4: About 30 minutes after finishing the second container of water, fill the container again with water and drink that over 30 minutes.</li> </ul> <p>• Note: We are all different, some people will have a rapid response with bowel movements shortly after beginning the preparation while others will take longer. 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.</p> <p>• You may continue clear liquids</p>	<p><b>NO SOLID FOOD NO ALCOHOL</b></p> <p><b>DIABETICS:</b> Do NOT take oral medication DIABETA, GLUCOPHAGE. METFORMIN or JANUVIA - If you are Insulin dependent, do not take your morning dose of insulin. - You must check your blood sugar before leaving home. If your level is <b>above 300</b>, please take your Regular insulin according to your sliding scale. - Please bring your insulin with you to procedure center.</p> <p>All patients may take morning medications with sips of water.</p> <ul style="list-style-type: none"> <li>• At _____ (<b>7 hours before your procedure time</b>) <b>fill the clear container up to the line with water and drink over the next hour.</b></li> <li>• At _____ (<b>6 hours before your procedure</b>) Take 2 Gas-X tablets. <b>Repeat STEPS 2 through 4. Be sure to wait 3-4 minutes between pills.</b></li> <li>• It is important to have completed all these steps at least 4 hours before your colonoscopy.</li> </ul> <p>You may continue to drink water until: <b>3 HOURS PRIOR</b> to procedure. <b>Drinking liquids within these 3 hours will cause us to cancel or postpone your procedure. **Also no gum, hard candy, mints and tobacco products in these 3 hours.</b></p> <p>If you are unsure of your colon cleansing, please call the office for assistance: Akron Digestive Disease Consultants 330-869-0124 The Gastroenterology Group 330-869-0954</p>

A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is **IMPORTANT**. It does cause diarrhea and possibly abdominal cramping.

## **CLEAR LIQUIDS – No RED or PURPLE**

**Must be something you can see through...**



- Gatorade or PowerAde
- Clear broth or bouillon – chicken or beef
- Coffee or Tea (*no milk or non-dairy creamer*)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices (*no pulp*)
- Jell-O, Popsicles, or Italian Ice

**DON'T FORGET - these foods are NOT ALLOWED!**



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice
- Creamed Soups or any soup other than broth
- Oatmeal
- Cream of Wheat

## **Colon Cleansing Tips**

- You may use over the counter hydrocortisone creams, tucks pads or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- Chill the solution in refrigerator or by placing in a bowl of ice. **DO NOT** add ice to the solution.
- Stay near the toilet! You will have diarrhea, which can be quite sudden...this is normal!
- If you experience nausea or vomiting, rinse your mouth with water and take a break 😊 Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- It is common to experience abdominal discomfort until the stool has flushed from your colon.
- Some find it easier to drink through a straw.
- Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.
- If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID – YOU MUST COMPLETE ALL STEPS OF THE PREP!**

## **THINGS TO BRING WITH YOU!**

- ✓ A RESPONSIBLE DRIVER
- ✓ YOUR INSURANCE CARDS
- ✓ A PHOTO ID
- ✓ SIGNED PAPERWORK FOR FACILITY