

SUTAB PREP (Mar 2022)

FOURTEEN (14) DAYS OR MORE BEFORE THE COLONOSCOPY, Do The Following

If you are on Blood Thinners { Brillinta (Ticagrelor), Coumadin (warfarin) , Eliquis (Apixaban) Lovenox (enoxaparin), Plavix (clopidogrel), , Xarelto (Rivaroxaban) **OR ANY OTHER TYPE OF BLOOD THINNING MEDICATION**} you will need to contact your doctor who manages your blood thinning medication about this. In most cases, GI procedures require that you stop blood thinners like, Brillinta 5 days before the procedure, Coumadin 3-5 days before the procedure, Eliquis 1-4 days before the procedure, Lovenox 12-24 hours before the procedure, Plavix, 5-7 days before the procedure, Xarelto 1-4 days before the procedure, However, every case is individual depending on what blood thinner you are on and why you are on it and what exact GI procedure you will be undergoing. If you are reading this and your physician has not counseled you regarding whether to take or not take your blood thinners, please call your private doctor NOW and discuss with him/her. After the colonoscopy, ask the physician who performed your examination, when you can restart your blood thinners.

1. If you take Iron supplements, discontinue them at least 5 days before your colonoscopy; you can restart them after your procedure has been completed.
2. If you are a diabetic, please consult your private doctor on how to modify your diabetes medication or insulin shots.
3. ***If you take Lactulose, Chronulac, Krystalose, Enulose, or Sorbitol, STOP these 6 hours before you start your colonoscopy prep; restart it after your colonoscopy exam has been completed .***
4. We do want you to take all other regular medications you usually take on the morning of the procedure (example: take your blood pressure medication for sure). Any medication you do not have to take in the morning, do not take until the procedure is over (example: vitamins).
5. Do not eat any products that contain Olestra (example: WOW potato chips). Also avoid salads, raw or leafy vegetables and raw fruit 3 days prior to your procedure.
6. **KEEP YOUR APPOINTMENT.** If you cannot keep your appointment, please notify our office at 502-588-4600.
7. **BRING A DESIGNATED DRIVER.** If you do not bring a driver, the procedure **WILL BE CANCELLED**, because you will be receiving medication that will make you unable to drive or make important decisions.

ON THE DAY BEFORE YOUR PROCEDURE

What You CAN Do:

- You may have low residue breakfast. Low residue foods include eggs, white bread, cottage cheese, yogurt, grits, coffee, and tea.
- You may have clear liquids.

What You CANNOT Do:

- Do not drink milk or eat or drink anything colored red, blue, green or purple.
- Do not drink alcohol.
- Do not take other laxatives while taking SUTAB.
- Do not take oral medications within 1 hour of starting each dose of SUTAB.

- If 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.

Liquids That Are OK to Drink:

- Coffee or tea (no cream or nondairy creamer)
- Fruit juices (without pulp)
- Gelatin desserts (no fruit or topping)
- Water
- Chicken broth
- Clear soda (such as ginger ale)

Note

- SUTAB is an osmotic laxative indicated for cleansing of the colon in preparation for colonoscopy in adults.
- Be sure to tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. SUTAB may affect how other medicines work.
- Medication taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of SUTAB.
- The most common adverse reactions after administration of SUTAB were nausea, abdominal distension, vomiting, and upper abdominal pain.
- Contact your healthcare provider if you develop significant vomiting or signs of dehydration after taking SUTAB or if you experience cardiac arrhythmias or seizures.
- If you have any questions about taking SUTAB, call your doctor.

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 THE COLONOSCOPY

Start Preparation at 6 pm.

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.

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 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

Continue drinking plenty of broth, clear soda and other clear liquids until bedtime.

Nothing to eat or drink after midnight, other than your remaining bowel prep and small sips with any morning medications.

DOSE 2—DAY OF THE COLONOSCOPY

- The morning of colonoscopy (7 to 8 hours prior to the colonoscopy and no sooner than 4 hours from starting Dose 1), open the second bottle of 12 tablets.
- Repeat STEP 1 to STEP 4 from Dose 1.

IMPORTANT: You must complete all SUTAB tablets and required water at least 2 hours before colonoscopy.

COLON CLEANSING TIPS:

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Sometimes helps tolerability drinking the fluids with a straw, sucking on lemon slices, sucking sugar-free menthol candy drops.
3. Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours, and occasionally significantly longer).
5. Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes or Tucks pads. Avoid products containing alcohol. If you have a prescription for *hemorrhoid cream*, you may use it. *Do not use suppositories.*

Your endoscopy is scheduled for _____ arrive at _____ AM/PM to register:

U of L Health-University of Louisville Hospital @ 530 S. Jackson St Louisville, KY 40202
Registration is located on the first floor, by the patient information desk

U of L Health- Outpatient Care Center @ 401 E. Chestnut St., Louisville, KY 40202
Proceed to the basement of the building and register at the desk right off the elevator

U of L Health-Jewish Hospital Outpatient Care Center @ 225 Abraham Flexner Way, Louisville, KY 40202
Registration is located in the 1st floor lobby area of the Outpatient Care Center

UofL Health – Medical Center East @ 3920 Dutchmans Lane Louisville, KY 40207
Registration is located on the 2nd floor.

Norton Hospital Pavilion @ 315 E. Broadway Louisville, KY 40202
Proceed to the 2nd floor, endoscopy area to register