

SUTAB Bowel Preparation for Colonoscopy

**All 24 tablets are needed for a successful preparation
(follow these split-dose 2-day instructions not the box instructions)**

SUTAB is a prescription item that is electronically sent to Gifthealth pharmacy. Gifthealth will contact you via phone call/text to deliver the prescription to your home. You will receive Sutab, Dulcolax(bisacodyl) laxative tablets and Zofran (ondansetron) an antinausea medication. If you have not received your prep kit 5 days prior to your procedure, notify Gastro Health @ 978-429-2010.

5 Days Prior to Procedure: start eating a **low fiber diet** (see low fiber diet page)

Stop multivitamins, iron, vitamin E, calcium, NSAIDs (advil, ibuprofen, motrin, aleve, etc.) and aspirin. Baby Aspirin 81mg and Tylenol are ok to continue. If you take an **Anticoagulant, Plavix or Aspirin 325mg** please call our office 978 429 2010 for further instructions. If you take a **GLP1 antagonist (ex. Ozempic, Trulicity, Wegovy, etc.)** or an **SGLT2i medication (ex. Jardiance, Invokana etc.)** see page 9.

Day Before Procedure - **NO SOLID FOODS**- Start **clear liquid only diet** – See clear liquid diet page

8 AM: Take 3 Dulcolax(bisacodyl) laxative tablets.

4 PM: Take 4mg of Zofran(ondansetron) to prevent nausea from the prep (Do not take if you have a history of long QT syndrome, allergy to Zofran, or if you are taking Apokyn)

5 PM: Open 1 bottle of 12 tablets, remove and **discard plastic desiccant to avoid swallowing**. Fill the empty container with 16 ounces of water (to the fill line). Swallow 1 tablet with a sip of water, wait 1-2 minutes and proceed to take another tablet with a sip of water. Follow the same steps until the 12 tablets and 16 ounces of water are finished. (If you feel uncomfortable, take tablets and water at a slower rate)

1 hour after finishing tablets: Fill the empty container with 16 ounces of water (to the fill line) and drink the entire amount over 30 minutes. Then approximately 30 minutes after finishing the previous container of water drink another 16 ounces of water over 30 minutes.

Day of Procedure- **Clear liquid diet** (up until 4 hours prior to procedure) + **Bottle 2 of Prep** see below.

7.5 hours prior to procedure time: Take 4mg of Zofran(ondansetron) to prevent nausea from the prep.

7 hours prior to procedure time: Open 2nd bottle of 12 tablets, remove and **discard plastic desiccant** to avoid swallowing. Fill the empty container with 16 ounces of water (to the fill line). Swallow 1 tablet with a sip of water, wait 1-2 minutes and proceed to take another tablet with a sip of water. Follow the same steps until the 12 tablets and 16 ounces of water are finished. (If you feel uncomfortable, take tablets and water at a slower rate)

1 hour after finishing tablets: Fill the empty container with 16 ounces of water (to the fill line) and drink the entire amount over 30 minutes. Then approximately 30 minutes after finishing the previous container of water drink another 16 ounces of water over 30 minutes.

****4 Hours prior to procedure time: STOP drinking clear liquids (including water/ice chips)****

NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE TIME

Please take your heart and blood pressure medications with a sip of water at least 2 hours prior to your procedure time unless directed otherwise. (For blood thinners please contact our office for instructions). Please bring your inhaler if you have one. No marijuana use on the day of procedure.

Important to Note: Chills, nausea, and abdominal cramping are normal responses to the prep.

*Call 978 429 2010 if you are unable to tolerate the prep or if you are not having clear yellow bowel movements after 2nd bottle of SUTAB *

Please keep in mind that is an estimated appointment time, because the time involved in each procedure is often unpredictable, and procedures are scheduled to follow each other consecutively. There are occasions when the schedule runs behind. Your understanding is appreciated.