

# SUTAB (THE SHORT STORY)

## ONE WEEK BEFORE THE PROCEDURE

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- Arrange transportation for your procedure from an **ADULT DRIVER THAT YOU KNOW**. This cannot be a taxi or rideshare.
- Stop taking **IRON, CHARCOAL, and PEPTO BISMOL**.
- If you take **BLOOD THINNERS**, contact your prescribing doctor for instructions on dosing management.
- If you use **WEIGHT LOSS or DIABETES MEDICATIONS** called **GLP-1 AGONISTS** (including Ozempic, Wegovy, Mounjaro, and Zepbound), please read the **LONG STORY** carefully on how the medications will need to be adjusted. In brief, daily dosed medications will need to be skipped on the day of the procedure and weekly dosed medications will need to be skipped for at least 7 days before the procedure.

## THREE DAYS BEFORE THE PROCEDURE

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- Go to the pharmacy and grocery store to pick up:
  - Preparation medication
  - Clear liquids and low residue foods for the days before the procedure
  - Baby wipes with aloe and/or diaper rash cream
- Stop eating any high residue foods (ex. popcorn, seeds, nuts, raw fruits and vegetables) – nothing that can crunch in your mouth!

## DAY BEFORE THE PROCEDURE

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- **BREAKFAST AND LUNCH** = you may have white food with close to zero fiber (ex. cheese, egg, vanilla yogurt, white bread, chicken) before 2 p.m..
- **DINNER** = you may have clear liquids only (ex. broth, jello, juice, soda, popsicles) after 2 p.m.. No red or purple liquids!
- **6:00 P.M.**
  - Open 1 bottle of 12 tablets.
  - Fill the provided container with 16 ounces of clear liquid (up to the fill line).
  - Swallow each tablet with a sip of water and drink the entire amount over 15 to 20 minutes.
  - Approximately one hour after the last tablet is ingested, fill the provided container a second time with 16 ounces of clear liquid (up to the fill line) and drink the entire amount over 30 minutes.
  - Approximately 30 minutes after finishing the second container of clear liquid, fill the provided container with

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

- After that, remember to continue drinking at least 8 oz. of fluid each hour you are awake.
- If you develop nausea or vomiting, stop taking the preparation for 30 minutes to let your symptoms improve. When you resume taking the preparation, slow down the pace of taking the pills to one tablet every 5-10 minutes with a sip of clear liquid.

## MORNING OF YOUR PROCEDURE

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- **5 hours before you plan on leaving for your procedure:**
  - Open 1 bottle of 12 tablets.
  - Fill the provided container with 16 ounces of clear liquid (up to the fill line).
  - Swallow each tablet with a sip of clear liquid.
- **Finish taking all 12 pills and drinking all 16 ounces of fluid over 30 minutes. For example, take 1 Sutab pill with a sip of clear liquid every 2-3 minutes.**
  - Approximately one hour after the last tablet is ingested, fill the provided container a second time with 16 ounces of clear liquid (up to the fill line) and drink the entire amount over 30 minutes.
  - Approximately 30 minutes after finishing the second container of clear liquid, fill the provided container with 16 ounces of clear liquid (up to the fill line) and drink the entire amount over 30 minutes.
  - Complete all SUTAB tablets and required clear liquids at least 3 hours before colonoscopy.
- **You MUST FINISH the final glass of clear liquid AT LEAST THREE HOURS BEFORE YOUR PROCEDURE!**
  - 3 hours before your scheduled procedure time:
    - Absolutely nothing more to eat or drink!
  - If you take medications for **HIGH BLOOD PRESSURE, IRREGULAR HEART BEAT, SEIZURES, ASTHMA, THYROID, or PREDNISONE:**
    - Please take your medication with a sip of water the morning of your procedure.
  - Check in 40 minutes prior to your scheduled procedure time.

IF YOU HAVE ANY FURTHER QUESTIONS  
OR NEED MORE DETAILS, PLEASE REFERENCE  
THE "LONG STORY".



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