

SUTAB (THE SHORT STORY)

SUTAB is NOT recommended if you have suspected Crohn's or ulcerative colitis, often get constipated, or had a previous colonoscopy prep that was incomplete or poor.

ONE WEEK BEFORE THE PROCEDURE

- 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.
 - **Daily medications:** Skip the dose on the day of your procedure
 - **Weekly medications:** Skip the dose for at least 7 days before your procedure
 - You must drink **CLEAR LIQUIDS ONLY** for the 24 hours before your procedure time.

THREE DAYS BEFORE THE PROCEDURE

- **Go to the pharmacy and grocery store to pick up:**
 - Preparation medication
 - Simethicone (liquid only — adult or infant formulation)
 - 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

- **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..**
- **AFTER 2 P.M. = you may have clear liquids only (ex. broth, jello, juice, soda, popsicles). No red or purple liquids!**
- **6:00 P.M.**
 - Open 1 bottle (12 tablets).
 - Fill provided container with 16 oz clear liquid (up to fill line).
 - Take 1 tablet at a time with a sip of liquid every 2–3 minutes, finishing all 12 tablets with the 16 oz of liquid in ~30 minutes.

- 1 hour after finishing: refill the container with 16 oz clear liquid and drink over 30 minutes.
- 30 minutes later: refill the container with 16 oz clear liquid and drink over 30 minutes.
- **If nausea/vomiting occurs: pause for 30 minutes. Resume at 1 tablet every 5–10 minutes with sips of liquid.**
- **Continue drinking at least 8 oz of fluid each hour you are awake.**

MORNING OF YOUR PROCEDURE

- **5 hours before you plan on leaving for your procedure:**
 - Drink 200 mg of Simethicone (see **LONG STORY** for dosing details)
 - Open 1 bottle (12 tablets).
 - Fill provided container with 16 oz clear liquid (up to fill line).
 - Take 1 tablet at a time with a sip of liquid every 2–3 minutes, finishing all 12 tablets with the 16 oz of liquid in ~30 minutes.
 - 1 hour after finishing: refill the container with 16 oz clear liquid and drink over 30 minutes.
 - 30 minutes later: refill the container with 16 oz clear liquid and drink over 30 minutes.
 - You **MUST FINISH** all SUTAB tablets and liquids **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 HEARTBEAT, SEIZURES, ASTHMA, THYROID, or PREDNISONE:**
 - Please take your medication with a sip of water the morning of your procedure.
- **40 minutes before your scheduled procedure time:**
 - Confirm your assigned procedure location (listed in your reminder texts and patient portal).
 - Check in at your assigned location (Northbrook or Libertyville).

If your procedure is scheduled for **12:00 PM or later**, you must also read **"INSTRUCTIONS FOR AFTERNOON PROCEDURES"** for adjusted timing.

For additional questions, read the **"LONG STORY."**



COMPREHENSIVE
GASTROINTESTINAL HEALTH