

SUTAB 2 DAY PREPARATION FOR COLONOSCOPY

PREP INSTRUCTIONS: To avoid a failed prep or the need for a repeat procedure due to poor prep, please follow all of these instructions carefully.

***If you are on Coumadin or other blood thinning medication, and you do not have specific instructions for stopping this medication prior to your procedure, please contact our office.**

***ONE WEEK BEFORE:** Stop taking any medications containing Phentermine & Diethylpropion

***ONE WEEK BEFORE PURCHASE** the following over-the-counter items

***SUTAB PREP** at your pharmacy (this is a prescription medication)

***Vaseline or Desitin ointment** to apply generously to peri-anal area prior to prep

***One disposable Fleet Enema (Saline only-no mineral oil enemas)**

***Simethicone tablets (1-2 depending on brand) to total 250 mg (You may purchase Gas-X, Mylicon, Phazyme or generic Simethicone in the anti-gas area of your pharmacy)**

***Dulcolax tablets-2**

IF YOU TAKE ONE OF THESE: Dulaglutide (Trulicity) (weekly); Exenatide extended release (Bydureon bcise) (weekly); Exenatide (Byetta) (twice daily); Semaglutide (Ozempic) (weekly); Liraglutide (Victoza, Saxenda) (daily); Lixisenatide (Adlyxin) (daily); Semaglutide (Rybelsus) (taken by mouth once daily); Wegovy (Semaglutide); Mounjaro (tirzepatide) Zepbound (tirzepatide) You must hold this medication for a week (7days) prior to your procedure.

***FIVE DAYS BEFORE:** Stop taking Iron, Vitamins, and Herbal Supplements unless otherwise directed.

***THREE DAYS BEFORE:** Stop eating raw vegetables including all salads, corn, nuts, seeds, smoothies and fiber supplements

2 DAYS BEFORE PROCEDURE:

- 1) You may have a normal breakfast prior to 9:00 a.m.
- 2) 9:00 a.m.: Start Full Liquid Diet (attached) after breakfast
- 3) 3:00 p.m.: Take 1 Dulcolax tablet with an 8 oz. glass of water.
- 4) 6:00 p.m.: Take the other Dulcolax tablet with another 8 oz. glass of water.
- 5) Remain on Full Liquid Diet until 7:00 a.m. tomorrow when clear liquid diet begins

One Day Before Colonoscopy (Day One-Dose One):

***START CLEAR LIQUID DIET** upon awakening in the morning and continue this diet until midnight. Clear liquids may be continued until 4 hours prior to your colonoscopy. You may not have anything by mouth for the 4 hours prior to your colonoscopy.

6:00 p.m.: Open one bottle of 12 tablets and 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 while taking all of the tablets. *If you become uncomfortable, take the tablets and water slower.

7:00 p.m.: Refill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount over the next 30 minutes.

7:30 p.m.: Refill the provided container again with 16 ounces of water (up to the fill line) and drink the entire amount over the next 30 minutes. Continue drinking at least 24 ounces of liquids from the clear liquid diet throughout the evening to prevent dehydration.

Day of colonoscopy (Day Two-Dose Two):

***The DAY OF YOUR PROCEDURE**

Stop using any medical marijuana products including CBD oils and other products.

6 HOURS PRIOR TO YOUR COLONOSCOPY ARRIVAL TIME: Open the second bottle of 12 tablets and fill the container provided 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 while taking all the tablets.

*If you become uncomfortable, take the tablets and water slower.

ONE HOUR AFTER FINISHING PILLS: Refill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount over the next 30 minutes.

THIRTY MINUTES AFTER FINISHING LAST CUP OF WATER: Refill the provided container again with 16 ounces of water (up to the fill line) and drink the entire amount over the next 30 minutes. Clear liquids up until 2 hours prior to your procedure are encouraged.

****If you experience pressure, bloating, nausea or cramping, please slow the rate of drinking of the water until your symptoms diminish. The two doses of tablets must be at least 4 hours apart and you must finish all tablets and water at least 4 hours prior to your procedure.**

***4 HOURS PRIOR TO YOUR SCHEDULED ARRIVAL TIME:**

-Take the Simethicone tablets (1-2 to equal 250 mg.) at this time with enough water to safely swallow your pills.

-If your bowel movements are not clear, please use the Fleet enema to rinse out any remaining stool.

****Dehydration and fainting are possible side effects of colonoscopy preps.**

DIABETIC PATIENTS: *Patients on Lantus or Levemir remain on your normal dose throughout prep and procedure.

*Patients on NPH and regular Insulin should remain on regular dose on the day before (prep day) but reduce the usual dose by 20% the morning of the procedure.

*Patients on oral diabetic medications DO NOT TAKE these on the day of the procedure

*If you have an Insulin pump or have any other questions about your diabetic medications, please call your primary care physician or endocrinologist for further instructions.

FULL LIQUID DIET

This diet is to be used in conjunction with a two-day preparation for colonoscopy or other procedures or as directed by your provider. This diet is inadequate in all essential nutrients, but does provide more substance than the clear liquid diet used for the day before procedures. It is not recommended for regular use but for temporary use during preparations.

FOLLOW THIS DIET TWO DAYS BEFORE YOUR PROCEDURE

FOODS ALLOWED

Milk and Milk products

Milk (including buttermilk, soy milk, rice milk, almond milk, and cow's milk)

Milkshakes, pasteurized eggnog, smooth ice cream,
frozen yogurt, custard, yogurt without fruit pieces and pudding

Juices

All fruit juices, nectar juices, orange juices with
pulp and vegetable juices, including V8 and tomato juice

Other Beverages

Coffee, Tea, flavored water,
sodas, carbonated flavored water

Grains

Cooked, refined cereals limited to Cream of Wheat, Farina, and Cream of Rice

Fats and Oils

Butter, margarine, cream and oils

Sweets and Desserts

Sherbet, sugar, sugar substitutes, hard candy, plain gelatin (Jello),
fruit ices without added fruit pieces,
popsicles, honey and syrups

Soups

All flavors of broth and bouillon,
smooth tomato soup (no chunks of tomatoes) and strained creamed soups

NOT ALLOWED

No Meats, breads or other solid foods

CLEAR LIQUID DIET: FOLLOW THIS DIET THE WHOLE DAY BEFORE YOUR PROCEDURE

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.

DRINKS ALLOWED

Water/Flavored Water

Tea (decaffeinated or regular)

Coffee, Fruit flavored drinks

Carbonated beverages like Coke & Pepsi

Strained fruit juices; apple,

White grape, orange, white cranberry, lemonade

Iced tea, Gatorade

Clear broth, consommé or

Bouillon (chicken, beef or vegetable)

Jello, Popsicles (Ice)

Sugar, Honey, Syrup or sugar substitute,

Clear hard candy, salt

NOT ALLOWED

(NO RED, PURPLE OR BLUE JELLO OR POPSICLES)

NO MILK OR DAIRY PRODUCTS

(NO NON-DAIRY CREAMER FOR COFFEE OR TEA)

**YOU MAY HAVE NOTHING BY MOUTH FOR TWO (2) HOURS PRIOR TO
YOUR ARRIVAL TIME.**