

SUTAB PREP COLONOSCOPY SCHEDULED BEFORE 1:00PM

Seven Days Prior to Your Colonoscopy (IMPORTANT)

- ✓ Stop taking Aspirin and NSAID's (Ibuprofen, Naprosyn, Mobic, Advil, Motrin, Aleve, Excedrin etc.). You are allowed to take Tylenol
- ✓ Stop taking Multivitamins, Vitamin E, Iron, Fish Oils (Omega Fatty Acids and Lovaza, Vascepa)
- ✓ **If you take BLOOD THINNERS** like Coumadin (Warfarin), Plavix (Clopidogrel), Aggrenox (dipyridamole), Brillinta (ticagrelor), Lovenox (enoxaparin), Pletal (cilostazol), Pradaxa (dabigatran), Eliquis (apixaban), Xarelto (rivaroxaban), Effient (prasugrel), Savaysa (Edoxaban) or any blood thinner discuss with your Primary Doctor when these medications should be stopped prior to your procedure
- ✓ **If you are a DIABETIC**, check with your Primary Care Doctor about what to do with your diabetic medication the day before and the day of the procedure.
- ✓ If you take these medications for **DIABETES or WEIGHT LOSS** (Qsymia, Phentermine, Adipex, Ozempic, Wegovy, Trulicity, Mounjaro, Byetta, Victoza, Saxenda, Tanzeum, Adlyxin, Bydureon, Rybelsus) they must be stopped at **least 1 week** prior to your procedure

Three Days Prior to Your Colonoscopy

- ✓ Eliminate Nuts, Seeds, Grains and Raw Vegetables. Reduce your portion of Salads
- ✓ Pick up your Sutab prep from the pharmacy
- ✓ Purchase a box of baby wipes (moist wipes)

The Day Before Your Colonoscopy

- ✓ Follow **Clear Liquid Diet** (page 3) for the whole day but up until 1:00 pm who are allowed to have Yogurt, Smoothie, and Ice Cream. After midnight you are **NOT** allowed to have anything by mouth until the colonoscopy is completed the next day
- ✓ **At 12PM** open 1 Bottle of 12 Sutab tablets. Fill provided container with 16 ounces of water (to the fill line on the cup). Swallow the 12 pills with the full 16 ounces of water over 15 minutes. One hour after doing that drink an additional 16 ounces of water over 30 minutes. Thirty minutes after doing that drink another 16 ounces of water over 30 minutes.
- ✓ **At 5PM** open 1 Bottle of 12 Sutab tablets. Fill provided container with 16 ounces of water (to the fill line on the cup). Swallow the 12 pills with the full 16 ounces of water over 15 minutes. One hour after doing that drink an additional 16 ounces of water over 30 minutes. Thirty minutes after doing that drink another 16 ounces of water over 30 minutes.
- ✓ After going to the bathroom, use only the baby wipes (moist wipes) to prevent irritation
- ✓ Place a napkin or pad in your underwear prior to bed because leakage may occur while sleeping

The Day Of The Colonoscopy

- ✓ Unless otherwise instructed by your doctor, take all your **prescription** medications with a sip of water
- ✓ Do not smoke the day of the procedure
- ✓ You must arrive **30 MINUTES** prior to the scheduled procedure.
 - ❑ Star Surgical Suites: 623 Stewart Avenue Garden City Suite 101, NY 11530
(516) 222-(STAR)

Because of the medication you will receive during the procedure, **someone must accompany you home**. For the remainder of the day you will be required to rest at home and not operate a vehicle

SUTAB PREP SCHEDULED AT 1:00PM OR LATER

Seven Days Prior to Your Colonoscopy (IMPORTANT)

- ✓ Stop taking Aspirin and NSAID's (Ibuprofen, Naprosyn, Mobic, Advil, Motrin, Aleve, Excedrin etc.). You are allowed to take Tylenol
- ✓ Stop taking Multivitamins, Vitamin E, Iron, Fish Oils (Omega Fatty Acids and Lovaza, Vascepa)
- ✓ **If you take BLOOD THINNERS** like Coumadin (Warfarin), Plavix (Clopidogrel), Aggrenox (dipyridamole), Brillinta (ticagrelor), Lovenox (enoxaparin), Pletal (cilostazol), Pradaxa (dabigatran), Eliquis (apixaban), Xarelto (rivaroxaban), Effient (prasugrel), Savaysa (Edoxaban) or any blood thinner discuss with your Primary Doctor when these medications should be stopped prior to your procedure
- ✓ **If you are a DIABETIC**, check with your Primary Care Doctor about what to do with your diabetic medication the day before and the day of the procedure.
- ✓ If you take these medications for **DIABETES or WEIGHT LOSS** (Qsymia, Phentermine, Adipex, Ozempic, Wegovy, Trulicity, Mounjaro, Byetta, Victoza, Saxenda, Tanzeum, Adlyxin, Bydureon, Rybelsus) they must be stopped at **least 1 week** prior to your procedure

Three Days Prior to Your Colonoscopy

- ✓ Eliminate Nuts, Seeds, Grains and Raw Vegetables. Reduce your portion of Salads
- ✓ Pick up your Sutab prep from the pharmacy
- ✓ Purchase a box of baby wipes (moist wipes)

The Day Before Your Colonoscopy

- ✓ You may have a **Normal BIG Breakfast**, after that **ONLY Clear Liquid Diet** (see following page)
- ✓ **At 5PM** open 1 Bottle of 12 Sutab tablets. Fill provided container with 16 ounces of water (to the fill line on the cup). Swallow the 12 pills with the full 16 ounces of water over 15 minutes. One hour after doing that drink an additional 16 ounces of water over 30 minutes. Thirty minutes after doing that drink another 16 ounces of water over 30 minutes.
- ✓ After going to the bathroom, use only the baby wipes (moist wipes) to prevent irritation
- ✓ Place a napkin or pad in your underwear prior to bed because leakage may occur while sleeping

The Day Of The Colonoscopy

- ✓ **At 8AM** open 1 Bottle of 12 Sutab tablets. Fill provided container with 16 ounces of water (to the fill line on the cup). Swallow the 12 pills with the full 16 ounces of water over 15 minutes. One hour after doing that drink an additional 16 ounces of water over 30 minutes. Thirty minutes after doing that drink another 16 ounces of water over 30 minutes.
- ✓ You will be allowed to have a Clear Liquids **UP UNTIL 4 hours prior to your test** after that point you are NOT allowed to have anything
- ✓ Unless otherwise instructed by your doctor, take all your **prescription** medications with a sip of water
- ✓ Do not smoke the day of the procedure
- ✓ You must arrive **30 MINUTES** prior to the scheduled procedure.

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CLEAR LIQUID DIET

This diet consists of food products that are clear (things you can see through). The purpose of this type of diet is to limit the amount of food residue in the colon in order to be able to thoroughly examine the colonic wall during your colonoscopy.

Food Category	ALLOWED
Beverages	Water, Tea or Coffee(without milk), Apple Juice, Grape Juice, Soda, Ginger Ale, Gatorade, or other Clear Drinks
Desserts	Plain Jell-O (no red color), Water Ices (Italian Ices), Popsicles, Sorbet
Soups	Fat Free Broth, Fat Free Bouillon, Fat Free Consommé
Sweets	Hard Candy, Honey, Sugar

The above diet should be **followed strictly** in order to help ensure a thorough colonoscopy exam. No other foods are allowed with this diet, some examples of foods NOT allowed are listed below.

NOT ALLOWED
Milk, Cheese, Breads, Ice Creams, Sherbet, Eggs, Fruits, Vegetables, Meat, Poultry, Fish

Keep yourself well hydrated