

# SAN JOSE GASTROENTEROLOGY

Phone (408) 347-9001 | Fax (408) 347-9004 | www.sjgi.com | contact@sjgi.com

## INSTRUCTIONS FOR COLONOSCOPY BOWEL PREPARATION with SUTAB (Split-Dose)

- **FOR THE BEST POSSIBLE EXAMINATION, PLEASE FOLLOW THE INSTRUCTIONS BELOW CAREFULLY.**
- You must have a responsible adult (age 18 or older) to drive you home after your procedure. This does not include rideshare such as taxi, Uber. The sedative medication makes it unsafe to drive on the day of the procedure. **If you do not have a chaperone to drive you home, the appointment may need to be cancelled.**
- Plan to take the day off from work.
- Do not bring children to your appointment. Leave jewelry and valuables at home.
- Bring all of your daily medication to the colonoscopy.
- Take your heart/blood pressure medication with water on morning of the colonoscopy. If your colon output is not a clear/yellow color, inform the nurse when you arrive for your procedure.

### **\*\*\* ONE WEEK BEFORE THE COLONOSCOPY:**

- **STOP** iron pills, vitamins, herbs, and supplements. **AVOID** seeds and fiber (berries, popcorn, etc)
- If you are taking Coumadin/Effient/Brillinta/Plavix/Pradaxa/Xarelto/Eliquis/Savaysa or any other blood thinners please inform us so we can make relevant recommendations.
- It is OK to continue baby ASA (81mg)
- **OBTAIN SUTAB** from your pharmacy at least one week before the procedure.
- If this medication is replaced due to formulary/insurance, you **MUST** inform SJGI to obtain new instruction.

### **\*\*\* ONE DAY BEFORE THE COLONOSCOPY:**

- **CONTINUE** to take all diabetes medication regardless of taken time in morning or evening daily. **REDUCE** morning and evening doses of long acting insulin by one half.
- **AVOID SOLID FOODS 24 HOURS BEFORE YOUR COLONOSCOPY**
- **DO NOT** take oral medications within one hour of your SUTAB.
- If taking tetracycline or fluoroquinolone antibiotics, iron, digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before or 6 hours after taking SUTAB.

For a full 24 hours prior to the colonoscopy, you must be on a clear liquid diet limited to water and the following:		<b>DO NOT</b> eat solid food <b>DO NOT</b> chew gum <b>DO NOT</b> drink any of the following: <ul style="list-style-type: none"><li>▪ NO red or purple liquid</li><li>▪ NO liquids that you can't see through</li><li>▪ NO alcoholic beverages</li><li>▪ NO milk products</li></ul>
Black coffee (no milk / no cream) Tea (black, green) Gatorade (clear) Popsicle w/o fruit or seed	7-UP Clear broth Apple Juice Jello (No red or purple)	

**\*\*\* DOSE #1 - 6 PM**

- Early in the evening prior to colonoscopy, open one bottle of 12 tablets.
- 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 over 15 to 20 minutes.
- Drink an additional 32 oz of water over the next 90 mins. This will help prevent dehydration related to the bowel prep.
- If you experience preparation-related symptoms (e.g. nausea, bloating, cramping), pause or slow the rate of drinking the additional water until symptoms diminish.
- Feel free to drink Gatorade, coconut water or electrolyte water in addition to water, to help keep you hydrated.

**\*\*\* DOSE #2 - ON THE DAY OF THE COLONOSCOPY:**

**Do NOT** take any diabetes medication before procedure time. This will be resumed after the procedure.

**AT** \_\_\_\_\_ **AM** (5-8 hours prior to colonoscopy)

- The morning of colonoscopy (5 to 8 hours prior to the colonoscopy, open the second bottle of 12 tablets.
- 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 over 15 to 20 minutes.
- Drink an additional 32 oz of water over the next 90 minutes. This will help prevent dehydration related to the bowel prep
- If you experience preparation-related symptoms (e.g. nausea, bloating, cramping), pause or slow the rate of drinking the additional water until symptoms diminish.
- Complete all SUTAB tablets and water at least two hours prior to colonoscopy.
- **Do not take anything by mouth 2 hours prior to your colonoscopy.**

If you have any questions, please contact our office at 408-347-9001. If you need to reschedule or cancel your appointment, please contact us **3 business days** before your procedure. Thank you very much for your cooperation.