

TEXAS★ENDOSCOPY

6405 W. Parker Rd, Suite 370 • Plano, Texas 75093 • 972-473-9900
8080 Independence Parkway, Suite 160 • Plano, TX 75025 • 972-908-3000

SUTAB 2-Part Split Bowel Preparation Instructions for Colonoscopy

*You **MUST HAVE TRANSPORTATION** from the facility by an adult family member or friend. No taxis, Uber, Lyft, or other public transportation. Otherwise, your procedure will be cancelled.

7 Days Prior to Procedure:

- If you are taking **Plavix, Coumadin (Warfarin), Lovenox, Eliquis, Brilinta** or any other prescribed blood thinner, **it's very important that you notify your GI Physicians office for instructions as when to STOP this medication before your procedure. If you are taking 325mg Aspirin**, switch to 81mg Aspirin daily 7 days prior to your procedure and stay on this dose leading up to procedure. If you are already taking 81mg Aspirin, do not stop prior to procedure.
- Avoid eating nuts and seeds i.e. popcorn, strawberries, etc.
- SUTAB is a prescription prep that will be sent to your pharmacy for pickup by your GI physician's office.
- Purchase 2 bottles of Magnesium Citrate over the counter when picking up your prep, these are not included in your prep packaging

2 Days Prior to Procedure:

- Do not eat solid foods after midnight. For example: if your test is on Tuesday, do not eat solid food after midnight on Sunday.

The Day Prior to Procedure:

- You must be on a clear liquid diet ALL DAY. No solid foods!
*Clear liquids include: water, tea, coffee (no milk/creamer), sodas, chicken or beef broth, fruit juice without pulp, sports drinks, crystal light, slushes, popsicles, and jello. **NO** red, purple, or milk products!
- If you are a diabetic and take medications, take ½ of your regular dose of medication.
- At **6:00 p.m.**, complete the following 3 steps for part 1 of 2 part prep.
 - 1) Open 1st bottle of 12 tablets; fill 16oz cup with water, swallow each tablet (12) with water within 30 minutes.
 - 2) 6:30pm Drink another 16oz of water.
 - 3) 7:00pm Drink another 16oz water.

If you become uncomfortable at anytime, drink the water and tablets SLOWER.

IF you don't have any bowel movements or are not passing clear liquid from the rectum by 9 pm drink one bottle of magnesium citrate (300mL).

IF you're still not passing clear liquid by 10 pm, drink another bottle of magnesium citrate (300mL).

IF you have not had any bowel movements by 10:30 pm call your doctor's office to contact on call doctor for further instructions.

The Day of Procedure:

- 5 Hours Prior to Procedure:** complete the following steps using the other bottle in your SUTAB kit:
 - 1) Repeat steps 1-3 for part 2 of your prep using the other 12 tablets of SUTAB.
- Please take blood pressure, heart, seizure, and thyroid medications with a sip of water 4 hours prior to your procedure.

NOTHING by mouth 4 hours before your procedure time!