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INSTRUCTIONS FOR COLONOSCOPY BOWEL PREPARATION with SUTAB (split dose)

**** The appointment time is subject to change based on the facility's schedule.**

FOR THE BEST RESULT, PLEASE FOLLOW THE INSTRUCTIONS BELOW CAREFULLY.

- You must have a responsible adult (age 18+, no rideshare/Uber/Lyft) drive you home after your procedure. If you do not have a chaperone, the appointment will be cancelled.
- Take the day off from work.
- Do not bring children to your appointment. Leave valuables at home.
- Bring all of your daily medications (or an accurate list of medications) to the colonoscopy.
- Take your regular medications with water the morning of the colonoscopy.

***** ONE WEEK BEFORE COLONOSCOPY:**

- Obtain Sutab from your pharmacy at least one week before the procedure. If this medication is replaced due to formulary/insurance, inform Dr. Huy Trinh GI office to obtain new instructions.
- Purchase over the counter Simethicone tablets from your pharmacy separately (commonly sold under the name Gas-X or Mylanta Gas).
- Stop iron pills, vitamins, herbs, and supplements. Begin a low-fiber diet. Avoid consuming vegetables, seeds, and high-fiber foods such as berries and popcorn.
- If you are taking warfarin/Effient/Brilinta/Plavix/Pradaxa/Xarelto/Eliquis/Savaysa or any other blood thinners, **inform us so we can make relevant recommendations.**
- If you take aspirin daily, continue aspirin unless advised otherwise by your gastroenterologist.

***** ONE DAY BEFORE COLONOSCOPY:**

- If applicable, continue all oral diabetes medication(s).
- If applicable, reduce dose of long-acting injectable insulin (i.e., Lantus, Toujeo, Basaglar) by one half.
- Begin clear liquid diet 24 hours before colonoscopy.
- Do not take oral medication(s) within one hour of your SUTAB.
- If taking antibiotics, 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 follow a clear liquid diet limited to water and the following:		DO NOT eat solid food Do not chew gum
black coffee (no milk / no cream) tea (black, green) Gatorade (prefer clear) popsicles	soda (i.e., Sprite) clear broth apple juice Jello (no red/purple)	Do not drink any of the following: ▪ red/purple liquid ▪ liquids that you can't see through ▪ alcoholic beverages ▪ milk/dairy products

***** FIRST DOSE at 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 one tablet every 2 minutes with water. Drink the entire amount over 25 minutes.
- Chew and swallow Simethicone tablets while drinking your solution (for best results, add a total of about 400 mg which is typically 3-4 tablets. Check the label on the box to confirm because it can vary depending on the brand)
- Drink an additional 32 oz. of water or broth (and preferably more) over the next 90 mins. This will help prevent dehydration.
- If you experience preparation-related symptoms (e.g. nausea, bloating, cramping), pause or slow the rate of drinking the additional water until symptoms diminish.
- You may drink Gatorade, coconut water or electrolyte water in addition to water, to help keep you hydrated.

***** SECOND DOSE on DAY OF COLONOSCOPY**

Do not take any diabetes medication before the colonoscopy. This will be resumed after the colonoscopy.

5 - 8 hours prior to colonoscopy

- On 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 25 minutes. One tablet every two minutes is a recommended pace.
- Chew and swallow Simethicone tablets while drinking your solution (take the same amount that you took the night prior)
- Drink an additional 32 ounces of water (or preferably more) over the next 90 minutes. This will help avoid dehydration.
- 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 before the colonoscopy.
- Do not take anything by mouth starting 2 hours before the colonoscopy.



VIDEO INSTRUCTIONS: Kindly review your preparatory instructions a minimum of two weeks prior to your scheduled procedure. You can access the general video instructions at <https://www.youtube.com/watch?v=QsSenpeowvY> or contact our Huy Trinh MD GI office to text you the link.

If you have any questions, please call 408-430-1688. To reschedule or cancel, contact us at least 3 business days prior to your procedure. Thank you for your cooperation.