

Colonoscopy, Double Sutab Instructions

IMPORTANT: Please read this now to be prepared for your procedure. If you have any questions, or need to cancel or postpone your appointment, please call us at **617-754-8888**.

Where to report for your procedure:

- East Campus**, 330 Brookline Ave, Boston
 - Stoneman 3rd floor
 - Stoneman 4th floor

Park in the Feldberg Garage

- West Campus**, 185 Pilgrim Road, Boston
West Procedural Center (WPC) Farr 1st Floor
Park in the Pilgrim Road Garage or Lowry Building Garage

- Beth Israel Deaconess, Lexington Campus**
482 Bedford Street, Lexington Ambulatory Surgery, 1st Floor

- Beth Israel Deaconess, Needham Campus**
148 Chestnut Street, 3rd Floor

Day/ Date: _____

Arrival Time: _____

Procedure Time: _____

Approximate discharge time: _____

Doctor who will do your test:

Advance preparation for your procedure

- ❖ **Medications** – If you take Pepto-Bismol or any iron supplement, please stop taking 7 days prior to your procedure. You can continue to take aspirin or similar pain medicines. If you take **blood-thinning medicine**, please call us if you did not discuss it when you booked the appointment. **Do NOT make any changes** to these medicines on your own.
- ❖ **Diabetes** – Please contact the doctor who manages your diabetes before making any changes to your diet, medications or insulin pump.
- ❖ **If you may be pregnant** – Please consult your OB/GYN doctor prior to your appointment to discuss optimal timing for your procedure, and the best sedation/anesthesia approach.
- ❖ **Sedation** – Most patients receive sedatives for procedures. Please let us know in advance about any of the following items, which could have an impact on any sedation you may receive:
 - Allergic reaction or other problems related to sedatives or pain medicine/narcotics
 - If your weight is over 300 pounds
 - You are currently taking narcotic pain medicine
 - You have severe liver disease
- ❖ As you recover from the sedatives, do not go back to work or school, make important decisions or provide care for children. You may resume all activities the next day unless otherwise instructed.
- ❖ **ARRANGE A RIDE HOME**– A responsible adult must come up to the procedure area when you are ready for discharge. No exceptions are made unless you plan to undergo the procedure without sedation. If you wish to do this, you should discuss it with your doctor in advance. **You may not drive yourself home after sedation.**
- ❖ For more information, check out the *Preparing for your Procedure* page on our website by scanning this code with the camera on your phone or visiting www.bidmc.org/gipreps



Colonoscopy bowel prep: Double Sutab

Preparation Check List

Seven (7) days before your colonoscopy

- Begin a low-residue diet. See the enclosed fact sheet for a guide to which foods you should avoid.
- Pick up your Sutab prescription from the pharmacy.
Please Note: Your prescription is usually sent to your pharmacy 12-14 days prior to your procedure date. If your pharmacy does not have it or it costs more than you are comfortable with, call 617-754-8888.

Two (2) days before your colonoscopy

- Begin a clear liquid diet as soon as you wake up. Be sure to drink plenty of clear liquids throughout the next two days. See the fact sheet of a list of clear liquids.
- 3 pm – Sutab day #1, dose #1:** You must complete Steps 1-4 before starting dose 2 this evening.
- STEP 1:** Open one bottle of twelve (12) Sutab tablets.
- STEP 2:** Fill the provided container with 16 oz. of water (to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15-20 minutes.
- STEP 3:** Approximately one hour after the sixth tablet: Fill the provided container with 16 oz. of water and drink over 30 minutes.
- STEP 4:** Approximately 30 minutes after finishing the second container of water: Fill the container again with 16 oz. of water and drink over 30 minutes.
- 9 pm – Sutab day #1, dose #2:** Open the second bottle of twelve (12) Sutab tablets and repeat steps 1-4 above. You must complete the second dose before you go to bed.

The day before your colonoscopy

- Remain on a clear liquid diet. Be sure to drink plenty of clear liquids throughout the day. See the fact sheet for a list of clear liquids.
- 7 pm – Sutab day #2, dose #1:** Open another bottle of twelve (12) Sutab tablets following steps 1 through 4 shown above. You must complete this dose before you go to bed.

IMPORTANT!



Please read all instructions at least one week prior to your procedure and call our office if you have any questions.

What you will need

- Two (2) Sutab kits from the pharmacy**
- An assortment of clear liquids or sports drinks (except red or pink)**
- Twelve (12) bottles (16 oz. each) of water (or tap water)**
- Optional:
 - Packets of Jell-O, any color except red or pink
 - Vegetable, chicken, or beef bouillon broth cubes
 - Baby wipes



*****Note:** Medication taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of Sutab.

Prep Tips

- If you feel nauseated while doing the prep, peppermint tea may help.
- When you begin to have diarrhea, baby wipes may be used to prevent irritation. Avoid using Vaseline jelly or Desitin.

Colonoscopy bowel prep: Double Sutab

Preparation Check List (continued)

The day of your colonoscopy

7 hours before your scheduled procedure time

Sutab day #2, dose #2: Open the last bottle of twelve (12) Sutab tablets following the same 4 steps as the first three doses (repeated in the box on the right).

We realize you may need to wake up in the middle of the night to take the final dose. However, we have found this method results in the cleanest colon. Even though your stools may become clear before you are finished, it is important to take all doses of your prep.

- 4 hours before your scheduled procedure time:** Stop drinking all fluids. You may take any usual morning medications with a small sip of water. If you have diabetes or take blood thinners, please follow your doctor's advice regarding any changes to your medications that may be needed.

IMPORTANT!

Please read all instructions at least one week prior to your procedure and call our office if you have any questions.



Sutab Steps

- STEP 1:** Open one bottle of twelve (12) Sutab tablets.
- STEP 2:** Fill the provided container with 16 oz. of water (to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15-20 minutes.
- STEP 3:** Approximately one hour after last tablet: Fill the provided container with 16 oz. of water and drink over 30 minutes.
- STEP 4:** Approximately 30 minutes after finishing the second container of water: Fill the container again with 16 oz. of water and drink over 30 minutes.

Low-residue and clear liquid diets

Below is a guideline of foods you can eat while following a low-residue diet before your procedure, as well as a list of clear liquids for that stage of the prep. In general, avoid anything tough or fibrous, and anything with whole grains, nuts, seeds, skins or red dye.

IMPORTANT!

A low residue diet will help you get the best results from your bowel prep. If you aren't sure if a food is low-residue, it is best to skip it while you are preparing for your procedure.



Food group	Foods allowed	Foods to avoid
Milk & Dairy	Milk, soy or nut milks (as long as they aren't gritty) ice cream, yogurt, cheese	No dairy product with pieces of nuts, seeds or fruit in it
Beverages	Coffee, tea, soda, juices with no pulp, Kool-Aid (without red dye), Boost, Ensure or other nutritional supplements without added fiber	No drinks with pulp, seeds, added fiber or prune juice
Breads, cereals & starches	Any refined breads including English muffins, pita, biscuits, muffins, crackers, pancakes, waffles, Cheerios, Cornflakes, Rice Krispies, white rice, refined pastas	No whole grains, oatmeal, granola, anything with seeds or nuts, corn bread, graham crackers, brown or wild rice, potato skins, quinoa
Fruits	Canned or cooked fruit without skins or seeds, apple sauce, ripe bananas, jellied cranberry sauce	No raw fruits (except ripe bananas), canned pineapple, oranges, mixed fruit, dried fruit, whole cranberry sauce, avocado
Vegetables	Tender, well-cooked canned or frozen vegetable with no seeds or skins, such as peeled carrots or beets, strained vegetable juice or tomato sauce	No raw vegetables or any cooked that are tough or fibrous such as broccoli, asparagus, spinach, etc.
Meat & meat substitutes	Cooked tender fish, poultry, beef, pork, eggs, tofu, smooth nut butters	No gristle, cold cuts or sausages, any meat substitute made with whole grains, seeds or pieces of nuts, beans, peas or lentils
Miscellaneous	Salt, sugar, ground or flaked spices, chocolate, any liquid or smooth condiment such as ketchup, soy sauce, mayo or jelly (but not jam or preserves)	No pepper, seed spices or other seeds, nuts, popcorn, pickles, olives

Clear Liquid Diet: Stay hydrated and drinks lots of clear liquids throughout the day!

When you reach the clear liquid stage of your prep, you may only have: water; light-colored sodas; tea or coffee (black only- no cream or milk); clear juices, Gatorade or other sports drinks (no red dye) chicken, beef, and vegetable broths; bouillon; Jell-O (no red Jell-O); and popsicles (no red popsicles).

No solid foods. No hard candy or gum, no drinks with red dye, no dairy, no juices with pulp, no alcohol.

Medications for Your Upcoming Procedure

Diabetes and Weight Loss Medications

If you take one of the following medications for weight loss or diabetes, you will need to stop it temporarily. Please consult the provider prescribing this medication prior to stopping if you have diabetes. If your provider informs you that you cannot stop this medication, you must call us at least one week prior to your procedure so that we can assist in developing a plan.

If these medications are not held according to the guidelines below, your procedure may be cancelled for your safety.

The following weekly medications need to be stopped one week (7 days) prior to your procedure:

- Dulaglutide (Trulicity)
- Exenatide XR (Bydureon BCise)
- Semaglutide (Ozempic, Wegovy)
- Semaglutide PO (Rybelsus)
- Tirzepatide (Mounjaro, Zepbound)

The following daily medications cannot be taken on the day of your procedure:

- Exenatide (Byetta)
- Liraglutide (Victoza, Saxenda)
- Lixisenatide (Adlyxin)

Blood Thinners (anticoagulants) and anti-platelet medications

If you take one of these medications, a plan is needed before your endoscopic procedure. In certain cases, you may need to stop taking it temporarily. Please do not stop these medications without discussing with our team. We will work with the provider who manages your blood thinner to create a plan for you. If you do not hear from us one week prior to your procedure, please give us a call.

Examples of blood thinners include warfarin (Coumadin), clopidogrel (Plavix), dabigatran (Pradaxa), rivaroxaban (Xarelto), apixaban (Eliquis), and ticagrelor (Brilinta). Aspirin does not need to be held prior to your procedure.

Call with Questions

If you have any questions, please call your physician's office. Do not stop your blood thinner or diabetes medication without guidance from the healthcare provider who prescribes these medications.