



SUTAB INSTRUCTIONS

READ & FOLLOW ALL INSTRUCTIONS - PLEASE CALL (804) 282-3114 WITH QUESTIONS

YOU MUST STOP TAKING OZEMPIC, TRULICITY, WEGOVY, MOUNJARO, SEMAGLUTIDE, SAXENDA OR ANY OTHER GLP-1 AGONIST AT LEAST 7 DAYS BEFORE YOUR PROCEDURE – YOUR PROCEDURE WILL BE CANCELED IF THIS IS NOT FOLLOWED AS THIS IS A SAFETY ISSUE AND COULD RESULT IN SERIOUS MEDICAL COMPLICATIONS. PLEASE CALL OUR OFFICE WITH QUESTIONS OR CONCERNS.

I. 3 DAYS BEFORE YOUR COLONOSCOPY:

1. STOP blood thinners, including Coumadin, Plavix, Eliquis, Xarelto, and Brilinta.
2. If you take insulin or a GLP-1 agonist for diabetes, consult your prescribing physician for dosing adjustment.
3. STOP iron supplements. STOP NSAIDs such as ADVIL, MOTRIN, ALEVE, NAPROXYN, MALOXICAM, IBUPROFEN and DICLOFENAC.
4. YOU MAKE TAKE Tylenol and other brands that contain acetaminophen.
5. DO NOT EAT nuts, peanuts, sunflower seeds, fruits or vegetables with seeds. Seeds will remain in the colon even after the preparation. DO NOT EAT potato chips with Olean or Olestra. DO NOT EAT corn, popcorn, lentils, quinoa or beans.

II. THE DAY BEFORE YOUR PROCEDURE:

1. Begin a CLEAR LIQUID DIET ALL DAY. NO SOLID FOODS for the entire day.
2. Clear liquids include water and these other suggestions:

Chicken Broth, bouillon
Apple Juice

Tea, 7-Up, Ginger Ale, Sprite, Mountain Dew – Diet OK
Clear Gatorade or Flavored Water
Jello – lemon, lime or pineapple flavors only

Popsicles – Lemon and Banana
White Grape Juice
Lemon Italian Ice
White Cranberry Juice

➤ BEGIN YOUR SUTAB

- Starting between 5:00PM and 7:00PM, open one bottle of 12 tablets. Fill the provided container with 16oz of water (up to the fill line). You will take 1 tablet every 5 minutes over the next hour.
- Approximately 1 hour after the last tablet, fill the provided container a second time with 16oz of water and drink the entire amount over 30 minutes.
- Approximately 30 minutes after finishing the second container of water, fill the provided container again with 16oz of water and drink the entire amount over 30 minutes.

IF YOU FEEL NAUSEOUS, BLOATED OR CRAMPY, YOU MAY DRINK MORE SLOWLY, BUT YOU MUST FINISH ALL OF THE WATER

MORNING OF YOUR PROCEDURE:

- **Five hours before your procedure** take out remaining 12 tablets of SUTAB and pour a 16 ounce container of water. You will take 1 tablet every 5 minutes over the next hour.
- **Four hours prior to your procedure**, drink an additional 32oz of liquid. You have one hour to consume this.

DO NOT CONSUME ANYTHING 3 HOURS BEFORE PROCEDURE, INCLUDING MEDICATIONS, WATER OR ICE. DO NOT SUCK ON MINTS OR CHEW GUM.

DUE TO SEDATION, YOU MUST BE ACCOMPANIED BY AN ADULT WHO WILL REMAIN IN THE OFFICE UNTIL YOUR PROCEDURE IS COMPLETE. YOU CANNOT DRIVE!! You will be allowed to take a taxi or bus if accompanied by an adult you know. Your entire procedure should take approximately 90 minutes. If these instructions are not followed, your procedure may be canceled.