

## INSTRUCTIONS FOR PATIENTS UNDERGOING COLONOSCOPY

### SUTAB Prep Instructions

#### Preparation:

A colonoscopy is an examination of the colon (large intestine) with a flexible tube about the thickness of your pinkie finger, which transmits a live color image onto a television screen. For the procedure to be successful, your colon must be completely clean. If it is not adequately prepared, the procedure will need to be rescheduled.



#### Items you will need:

1. Fill your SUTAB prescription at your pharmacy. **Do not wait until the day before your procedure to get this prescription filled as some pharmacies may need to order the medication.**

#### For 1 week prior to your colonoscopy

- Obtain any medical clearances, if applicable.
- Stop Iron, Alka-Seltzer, all non-steroidal anti-inflammatories (NSAIDS), Percodan, Empirin, Ibuprofen, Motrin, Advil, Aleve, Excedrin, Medipren, Nuprin, Naproxyn, Naproxen, Suldinac, Celebrex, Piroxicam, Feldene, Indomethacin, Indocin, Diclofenac, and Voltaren for **5 full days prior to procedure**. Tylenol (acetaminophen) is ok to take.
- BLOOD THINNERS will also need to be held prior to your procedure. Because the timing varies depending on the drug, please discuss with your Gastroenterologist AND Cardiologist prior to scheduling your procedure. These medications include, but are not limited to, Coumadin, Warfarin, Eliquis, Brilinta, Aspirin, Plavix, Clopidogrel.
- **Important: Stop Phentermine or any GLP-1 agonist medications (e.g. Tirzepatide, Mounjaro, Zepbound, Semaglutide, Ozempic, Liraglutide, Victoza, Saxenda, Dulaglutide, Trulicity, Exenatide, Bydureon) for 7 full days prior to procedure.**

#### For 3 days prior to your colonoscopy

- Stop all vitamins and supplements
- Avoid all beans, peas, corn, popcorn, nuts, tomatoes, cucumbers, pickles, sesame seeds, strawberries, watermelon, oatmeal, kiwi, and grapes (foods containing small seeds or skins).

#### The day before your colonoscopy

**From the minute you wake up, you are to have clear liquids only (NO FOOD) and drink as much as you can**

- Soups: clear chicken, beef, or vegetable broth
- Sports drinks: Gatorade, Powerade, Propel
- Juices: White cranberry, white grape, apple, limeade, strained lemonade
- Beverages: BLACK coffee or tea, iced tea, Kool-Aid, Sprite, seltzer, ginger ale, boost breeze, and water
- Desserts: Italian ice, popsicles, Jell-O

**NO RED OR PURPLE DYE, DAIRY PRODUCTS, ORANGE JUICE, TOMATO JUICE, GRAPEFRUIT JUICE, ALCOHOL, OR ANYTHING THAT HAS A CREAM BASE.**

#### TRANSPORTATION POLICY

**Please arrange for transportation home from the procedure.** You cannot drive or operate machinery for the rest of the day. You must have a friend, family member, or arranged medical transport to drive you home after the procedure. Total time in office for a procedure is about 2 - 2 ½ hours. Your ride does not need to stay. Please provide us with their phone number and we will contact them about 20-30 prior to discharge. Uber, Lyft, and taxis are not allowed to be used for post procedure transportation due to medical regulations. Your procedure will be canceled if you do not have adequate transportation, this is the surgery center policy. If you need a medical transportation service, you can contact our office or scan the QR code for information.



#### CANCELLATION POLICY

Please contact the office a minimum of 2 business days prior to the procedure to cancel or reschedule. Cancellations made less than 2 business days in advance will result in a \$200.00 fee.

If you have any questions about your prep, contact the nurse line associated with the location of your procedure.

**Columbia/Cascades** (410)913-1666 **Olney** (301)347-8780 **Annapolis** (410)913-1164

**Riverdale** (410)913-0061 **Timonium** (443)367-1144

## INSTRUCTIONS FOR PATIENTS UNDERGOING COLONOSCOPY

Your procedure will be performed by Doctor: \_\_\_\_\_

Address: \_\_\_\_\_

Date of procedure: \_\_\_\_\_ Arrive at: \_\_\_\_\_ AM/PM

Comments: \_\_\_\_\_

### On the Day Before Your Procedure

#### What You **CAN** Do

- You may have low residue breakfast. Low residue foods include eggs, white bread, cottage cheese, yogurt, grits, coffee, and tea.
- You may have clear liquids.

#### What You **CANNOT** Do

- Do not drink milk or eat or drink anything colored red or purple.
- Do not drink alcohol.
- Do not take other laxatives while taking SUTAB.
- Do not take oral medications within 1 hour of starting each dose of SUTAB.
- If taking tetracycline or fluoroquinolone antibiotics, iron, digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before and not less than 6 hours after administration of each dose of SUTAB.

#### Liquids That Are **OK** to Drink

- Coffee or tea (no cream or nondairy creamer)
- Fruit juices (without pulp)
- Gelatin desserts (no fruit or topping)
- Water
- Chicken broth
- Clear soda (such as ginger ale)

#### Note

- SUTAB is an osmotic laxative indicated for cleansing of the colon in preparation for colonoscopy in adults.
- Be sure to tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. SUTAB may affect how other medicines work.
- Medication taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of SUTAB.
- The most common adverse reactions after administration of SUTAB were nausea, abdominal distension, vomiting, and upper abdominal pain.

#### Scan for clear liquid diet suggestions



To learn more about this product, call 1-800-874-6756.

**SUTAB<sup>®</sup>**  
(sodium sulfate, magnesium sulfate, and potassium chloride)  
Tablets  
1.479 g/0.225 g/0.188 g



### The Dosing Regimen

SUTAB is a split-dose (2-day) regimen. A total of 24 tablets is required for complete preparation for colonoscopy. You will take the tablets in two doses of 12 tablets each. Water must be consumed with each dose of SUTAB, and additional water must be consumed after each dose.

#### DOSE 1—On the Day Prior to Colonoscopy

##### Take the tablets with water

**STEP 1** Open 1 bottle of 12 tablets.

**STEP 2** 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 of water over 15 to 20 minutes.



Tablets not shown actual size.



**IMPORTANT:** If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.

##### Drink additional water

**STEP 3** Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

**STEP 4** Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

#### DOSE 2—Day of the Colonoscopy

- Continue to consume only clear liquids until after the colonoscopy.
- The morning of colonoscopy (5 to 8 hours prior to the colonoscopy and no sooner than 4 hours from starting Dose 1), open the second bottle of 12 tablets.
- Repeat STEP 1 to STEP 4 from Dose 1.




Tablets not shown actual size.



**IMPORTANT:** You must complete all SUTAB tablets and required water at least 2 hours before colonoscopy.

Please read the full Prescribing Information and Medication Guide in the kit.

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