

## **Sutab Colonoscopy Preparation**

### **General Instructions**

1. Please read and follow these instructions carefully. A well-done bowel preparation is vital to preventing colon cancer.
2. If you have a history of constipation, kidney disease, or heart failure, do not follow these instructions. Please call the Revere Health Endoscopy Scheduling department at (385) 203-1150 for alternative instructions.
3. If you are on a blood thinner (Coumadin, Eliquis, Plavix, Xarelto, etc.), please see the attached special blood thinner instructions for management of these medications prior to your procedure.
4. If you have any questions, please call the facility at which your procedure will be performed. Please see the end of these instructions for a listing of all applicable facilities and phone numbers.
5. Please continue to take vital medications such as blood pressure or seizure medications. Take these medications even the morning of your procedure. You may take these medications with a tiny amount of water if needed.
6. Follow a clear-liquid diet (as below) the entire day before your procedure. Do not eat any food the day before or the day of your procedure. You may continue to drink clear liquids (as outlined below) for up to 6 hours prior to your procedure, but do not drink anything (other than your bowel preparation as below) for at least 6 hours prior to your procedure. If you eat solid food the day before or the day of your procedure, or drink any liquids during the 6 hours prior to your procedure, your procedure may need to be canceled and rescheduled.

### **Items to Purchase and Prepare Prior to Your Colonoscopy Preparation**

1. Four simethicone (Gas-X) anti-gas chewables or soft gel tablets.
2. Sutab bowel preparation; this is a prescription preparation that you need to pick up from your pharmacy at least 2 days prior to your preparation.
3. Desitin or A&D skin ointment to protect the skin around your bottom.

### **Two Days Prior to Your Colonoscopy**

1. Follow a low-fiber diet. Avoid nuts, seeds, popcorn, whole grains, and similar foods. This diet will improve your colonoscopy preparation.

### **The Day Prior to Your Colonoscopy**

1. Follow a clear-liquid diet. Drink a large amount of liquid all day; it's important to begin your colonoscopy preparation as well-hydrated as possible. Do not eat solid foods. Focus on water, broth, coffee, Jell-O, tea, bouillon, soda, Gatorade, Crystal Light, etc. Stay well-hydrated all day. Avoid dairy. Avoid red, blue, and purple liquids.
2. At 5:00 pm, open the first bottle of Sutab and fill the provided container with 16 ounces of water. Swallow 1 tablet every 5 minutes until you've swallowed 12 Sutab tablets; drink water as needed to assist in swallowing the 12 tablets. Drink the remainder of the 16 ounces of water in the container if you haven't finished the water in the container.
3. 1 hour after you finish the 12 Sutab tablets, drink an additional 16 ounces of water or a similar clear liquid (Gatorade, Crystal Light, etc.)

4. 30 minutes after finishing the second 16 ounces of water or a similar clear liquid, drink an additional 16 ounces of water or a similar clear liquid (Gatorade, Crystal Light, etc.)
5. After your first bowel movement, apply a small amount of Desitin or A&D ointment to the skin around your bottom. Re-apply a small amount of ointment after every bowel movement to protect your skin.
6. At 7:00 pm, take 2 simethicone tablets.
7. At 8:00 pm, take 2 additional simethicone tablets.
8. Continue to drink water or a similar clear liquid until midnight if desired.

You will likely drink several glasses of water or a similar clear liquid before having your first bowel movement. Some abdominal pain, abdominal cramping, and abdominal bloating are expected. These symptoms should improve as you begin having bowel movements.

### **The Morning of Your Colonoscopy**

1. Eight hours prior to your procedure, which may be 11:00 pm the night before your procedure if your procedure is scheduled at 7:00 am, open the second bottle of Sutab and fill the provided container with 16 ounces of water. Swallow 1 tablet every 5 minutes until you've swallowed 12 Sutab tablets; drink water as needed to assist in swallowing the 12 tablets. Drink the remainder of the 16 ounces of water in the container if you haven't finished the water in the container.
2. 1 hour after you finish the 12 Sutab tablets, drink an additional 16 ounces of water or a similar clear liquid (Gatorade, Crystal Light, etc.)
3. 30 minutes after finishing the second 16 ounces of water or a similar clear liquid, drink an additional 16 ounces of water or a similar clear liquid (Gatorade, Crystal Light, etc.)
4. If you have any questions, please call the appropriate endoscopy facility your procedure is scheduled at as per the following page.

## **Endoscopy Facilities**

### **Central Utah Surgical Center**

(801) 374-0354  
1067 North 500 West Suite 100 Building B  
Provo, UT 84604

### **Timpview Surgical Center**

(801) 492-5994  
1175 East 50 South Suite 101  
American Fork, UT 84003

### **American Fork Hospital Endoscopy Department**

(801) 855-3361  
170 North 1100 East  
American Fork, UT 84003

### **Spanish Fork Hospital Endoscopy Department**

(385) 344-6011  
765 East Market Place Drive  
Spanish Fork, UT 84660

### **Utah Valley Hospital Endoscopy Department**

(801) 357-7743  
1034 North 500 West  
Provo, UT 84604

### **Mountain View Hospital Same Day Surgery**

(801) 465-7576  
1000 East 100 North  
Payson, UT 84651

### **Timpanogos Hospital Same Day Surgery**

(801) 714-6644  
750 West 800 North  
Orem, UT 84057