

☐ Dose 2 - 9 p.m. (or 6 a.m. day of procedure if you have an afternoon appointment)

- Fill the provided container with 16 oz of water (up to fill line)
- Swallow 1 tablet every 1 to 2 minutes. You should finish the 12 tablets and the entire 16 oz of water within 20 minutes
- Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 oz of water (up to the fill line), and drink the entire amount over 30 minutes
- Approximately 30 minutes after finishing the second container of water, fill the provided container of 16 oz of water (up to the fill line), and drink the entire amount over 30 minutes
- **IF YOU EXPERIENCE PREP RELATED SYMPTOMS (NAUSEA, BLOATING, OR CRAMPING), PAUSE OR SLOW THE RATE OF DRINKING THE ADDITIONAL WATER UNTIL YOUR SYMPTOMS DIMINISH**
- Complete taking all SuTab tablets and water at least 4 hours prior to colonoscopy

☐ The day of your colonoscopy

- By 6 a.m. the day of your procedure, please take your blood pressure, cardiac, and seizure medications with small sip of water.
- Bring inhalers, oxygen, reading glasses and hearing aids if you use them
- Remove all jewelry and leave valuables at home. It is okay to bring your cellphone
- **DO NOT** chew on gum
- **DO NOT** eat hard candy
- **DO NOT eat or drink anything the day of your procedure**
- **DO NOT** use cannabis

Normal symptoms you may experience from the preparation:

- You will have diarrhea from the bowel preparation medications. This will start between a few minutes to three hours after you start the prep.
- Because of the diarrhea, you will need access to a toilet once you begin the bowel preparation. Plan your day with this need in mind.
- Most people have bloating and abdominal discomfort. This is normal. Do not be alarmed if you feel these symptoms.
- If you become nauseated or begin vomiting while drinking the solution, slow down. When the nausea subsides, begin drinking the solution again. Some people do not like the taste or the smell of the medicine, try chilling the liquids. Please take the medicine as directed.

Clear Liquid Diet

You may only drink or eat items on this list.

- Water
- Coffee (no milk or cream)
- Tea (no milk or cream; sugar is permitted)
- Carbonated beverages (clear soft drinks – regular or sugar free) (Sprite, 7up, ginger ale)
- Apple juice
- White grape juice
- Gatorade*
- Lemonade (no pulp)
- Limeade (no pulp)
- Clear chicken or beef broth (no meat, vegetables, noodles, rice) **No homemade broth.**
- Snowcones or popsicles*
- Hard candy
- Jell-O (We prefer that you have only light colors such as yellow or pink. Green is okay.*)
- **ALCOHOL IS NOT PERMITTED!**

* Avoid red, purple and orange colors of these items.

**Call our office at
(505) 772-2000 if:**

- **You cannot complete the bowel preparation as ordered**
- **You have the following symptoms after your procedure:**
 - Nausea
 - Vomiting
 - Fever
 - Chills
 - Bleeding
 - Abdominal pain

We require that you contact us at least 72 hours before your scheduled test if you wish to cancel your procedure.

There is a risk of bleeding from the polyp removal site(s) up to 14 days after your procedure. We recommend not traveling anywhere emergency services may not be available during that time period.

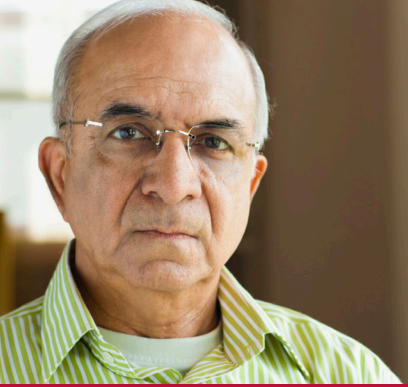


**Presbyterian
Santa Fe Medical Center**

**4801 Beckner Road
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*Presbyterian Medical Group is a
department of Santa Fe Medical Center
Some services may use independent
community healthcare providers.*

SuTab® Colonoscopy Prep



PRESBYTERIAN

**IMPORTANT!
Please read these
instructions one week prior
to your procedure**

It will take you several days to prepare for this test. You may also need to stop taking certain medications up to a week in advance. We recommend that you post these instructions in a visible location at home to remind you of the various steps you will need to take.

- **You will need to take the day off from work.**
- **You will need someone to drive you home after your procedure, you MAY NOT WALK, LEAVE MY TAXI, BUS, RIDE SHARE OR BICYCLE. Your driver will need to be with you when you check in and remain available to sign you out after your procedure. You cannot drive yourself home because you will be receiving sedation medication that will cause you to be groggy and you will not be able to drive until the next day.**

Patient responsibility

- If there are any changes with your insurance(s), please notify our office prior to your procedure date.
- After your procedure is scheduled, you may receive a call from the Presbyterian Registration department to verify your information and insurance coverage. You may call the department with registration questions at **(505) 772-1507**.
- If you need financial assistance with the cost of the procedure, or if you have financial or billing questions, please call **(505) 772-2628**.
- If your insurance requires a referral, it must be current at the time of your procedure, or you may be liable for payment.
- Remember to bring your insurance card(s) with you the day of your procedure.

Purchases

- Fill the prescription for SuTab which was sent electronically to your pharmacy.
- A supply of liquids (see the list of liquids safe to drink on page 6).
- You may also want body wipes and A&D ointment (in case you are sore).

☐ **30 to 90 Days Before Your Colonoscopy**

You must have a current (within 90 days) BUN/creatinine test done before beginning this prep.

☐ **Five days prior to your colonoscopy**

- **Coumadin, Plavix, Persantine, Ticlid (blood thinners):**
Do not discontinue these medications without instructions from your cardiologist, prescribing physician or Coumadin clinic. Contact the prescribing physician for instructions. If your physician does not want you to stop these medications, please notify our office at **(505) 772-2000**.
- **Eliquis and Xarelto:** HOLD 48 hours prior to procedure.
- **DO NOT** take the following medications: Alka-Seltzer, Pepto Bismol, iron supplements, fish oil and omega-3s, or aspirin

☐ **Three days prior to your colonoscopy**

- **DO NOT** eat foods that contain seeds, corn, or nuts
- **NO** Frito or tortilla chips, posole (hominy), corn bread, corn tortillas, oatmeal, grits, strawberries, kiwi, poppy seeds or sesame seeds.

☐ **The day before your colonoscopy**

- **DO NOT EAT ANY SOLID FOODS!** You can only drink clear liquids for breakfast, lunch and dinner. See the list of clear liquids on page 6. Avoid red, orange, and purple colored Jell-O and Gatorade. This discolors your stool and interferes with the colonoscopy.
- **DO NOT** take other laxatives while taking SuTab.
- **DO NOT** take oral medications within one hour of starting each dose of SuTab.
- If taking tetracycline or fluoroquinolone antibiotics, 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.

You are encouraged to **hydrate adequately before during, and after** taking SuTab.

- ☐ **The night before**
Dose 1 - 4 p.m. (6 p.m. if scheduled for afternoon appointment)

Swallow the 12 tablets with the first 16 ounces of water

The day before your colonoscopy, open the first bottle of 12 tablets and take SuTab as described below.

- STEP 1** Open 1 bottle of 12 tablets. **Remove and discard the desiccant.**
Remove and discard the desiccant from the second bottle and close the bottle.
Use the second bottle for the second dose.



- STEP 2** Fill the provided container with 16 ounces of water (up to the fill line).
Swallow 1 tablet every 1 to 2 minutes. You should finish the 12 tablets and the entire 16 ounces of water within 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 the additional two 16 ounces of 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.
- Continue to consume only clear liquids until after the colonoscopy.
 - 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.
 - Complete taking all SuTab tablets and water at least four hours prior to colonoscopy.

Important Reminder:

- 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.
- Incidents of patients ingesting the dessicant contained in the bottles have been reported, be sure to discard both of the dessicants as instructed.
- If you have any questions about taking SuTab, call your provider.

IMPORTANT SAFETY INFORMATION

INDICATION

SuTab (sodium sulfate, magnesium sulfate, potassium chloride) tablets for oral use is an osmotic laxative indicated in preparation for colonoscopy in adults.

CONTRAINDICATIONS

Use is contraindicated in the following conditions: gastrointestinal obstruction or ileus, bowel perforation, toxic colitis or gastric retention, hypersensitivity to any ingredient in SuTab.