

COLON RECTAL HEALTH CENTER  
**Steven Abbadessa, D.O.**  
456 North New Ballas Rd, Ste. #154  
Creve Coeur, MO 63141  
**Phone** (314) 966-7570      **Fax** (314) 966-7788

## 2 DAY SPLIT SUTAB DOSE COLONOSCOPY PREPARATION

Date of Procedure: \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

1. Patients with **sleep apnea** or those with a **CPAP** machine need to **bring that to our attention ahead of time** so that we can make provisions.
2. **Stop all anti-inflammatories** such as Naprosyn, Voltaren, Mobic, Indocin, Daypro, Orudis, Clinoril, Celebrex, Advil, Motrin, Ibuprofen, or Aleve, 7 days before the procedure. Please ask if you have questions. **Continue all other medication** until the morning of your procedure but hold all meds on that morning.
3. **Stop aspirin and Plavix** (clopidogrel) 7 days before the procedure UNLESS your doctor has you on these for a heart attack, angina, coronary stent, or stroke. In that case, stop the medicines the day before the colonoscopy.
4. Stop **Coumadin** 3 days before the colonoscopy. You may need to check with your primary physician about stopping the blood thinner.
5. Obtain your prep kit from the pharmacy at least 5 days before your procedure.
6. The **DAY BEFORE** your colonoscopy you may have (before 9 a.m.) 2-3 eggs or yogurt or a can of an Ensure type drink. **DO NOT EAT ANYTHING AFTER 9AM THE DAY BEFORE THE COLONOSCOPY, EVEN IF THE INSTRUCTIONS WITH THE PREP KIT SAY OTHERWISE.**
7. **Diabetics** taking insulin will need to adjust their dose the day **before** the exam. Check with us or your physician regarding this. For those on diabetic pills only, simply stop the pills the day **before** the exam. Check your blood sugars several times the day before and the day of the exam and contact us if needed regarding abnormal readings.
8. Drink lots of fluids the day **BEFORE** the colonoscopy. You may have water, soda. BodyArmor & Gatorade type drinks, juice, Popsicles & Jell-O can be yellow or orange. Bouillon, broth

(chicken, beef, veg). **NOTHING red, purple or blue**, as these may look like blood in your colon. And nothing with pulp.

## SUTAB Dosing Instructions

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 – START BETWEEN 4PM AND 6PM** (On the Day Prior to Colonoscopy)

Take the tablets with water

**STEP 1** Open 1 bottle of 12 tablets (between 4PM and 6PM).

**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 30 minutes (**TAKE 1 TABLET APPROXIMATELY EVERY 2-3 MINUTES**).



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

### **Drink additional water**

**STEP 3** Approximately 1 hour after the last tablet is ingested, fill the provided container TWICE MORE with 16 ounces of water (up to the fill line), and drink those TWO ADDITIONAL CUPS OF WATER over the next hour.

### **DOSE 2 – 5 HOURS PRIOR TO PROCEDURE** (Day of the Colonoscopy)

- The morning of the colonoscopy (**5 hours prior to the colonoscopy**), open the second bottle of 12 tablets.
- Repeat **STEP 1** to **STEP 3** from **DOSE 1**



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

- ❖ **MAKE SURE TO HAVE A DRIVER TO DRIVE YOU HOME AFTER A PROCEDURE WITH SEDATION BY IV**
- ❖ **NO SMOKING OR CHEWING GUM BEFORE YOUR PROCEDURE**