

## NEWBURYPORT GASTROENTEROLOGY

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### 2 DAY- SUTAB Bowel Preparation Instructions

Thank you for choosing Newburyport Gastroenterology for your colonoscopy. We want to make sure that your procedure goes as smoothly as possible. **Please read all of the instructions in this packet at least 1 week prior to your colonoscopy.** All instructions should be followed, or your colonoscopy may be cancelled. If you have any questions, please call us at 978-465-4622.

**Arrival Time:** We will confirm your arrival time 4 days before your procedure.

**Procedure Location:** Anna Jaques Hospital, 25 Highland Avenue, Newburyport, MA 01950

- Most patients are ready for discharge within 2 ½ hours of the scheduled arrival time but occasionally unforeseen events occur that could result in delays. You will be informed of any potential delays when you arrive.
- Your escort should be available to meet you within 30 minutes after we call.

### Plan Ahead

- ☐ Arrange for an adult escort to take you home after your procedure.
- ☐ Read your prep instructions carefully. Plan to buy any items you will need for your prep.
- ☐ Please note that Anna Jaques Hospital policy requires that women up to age 55 years old have a pregnancy test prior to having any endoscopic procedure. When you arrive for your procedure, a registered nurse will screen you for the test and if needed, request that you provide a urine sample.
- ☐ Read the information about the day of your procedure in this packet. It will tell you what to bring.

It is very important that you keep this appointment. If you must cancel, please call us at least 5 business days before your appointment by calling 978-465-4622. Calling ahead allows us to reschedule your appointment and give that slot to another patient.

## **Shopping List and Diet**

This sheet tells you what you will need to clean your bowels so that your doctor can see polyps or other problems inside your colon. If your bowels are not clean, you may have to reschedule your test. If you have questions about this colonoscopy prep, call your gastroenterologist.

**Items you will need to buy one week before the colonoscopy:**

☐ SUTAB Prep Kit

☐ MiraLAX

☐ Simethicone (Gas-X) Tablets

## **Diabetic Patients**

- If you take pills to control your blood sugar such as Glipizide, Glucotrol, Metformin, Actos, Januvia or others, do not take it on the day of the colonoscopy.
- If you are taking regular insulin or NPH insulin, do not take it on the day of the colonoscopy.
- If you take other insulin medications such as Lantus, Humalog or 70/30 insulin, it is recommended that you take ½ your usual dose the evening before your colonoscopy and none the day of the procedure.
- If you are taking GLP-1 antagonists such as Saxenda, Byetta, Victoza, stop the day of the procedure.
- If you are taking GLP-1 antagonists such as Wegovy, Ozempic or Trulicity weekly, you will hold this one week prior to the procedure.

## **One week before the procedure – Patients on blood thinners**

- If you use Aggrenox, Arixtra, Coumadin, Warfarin, Brilinta, Effient, Eliquis, Plavix, Pletal, Pradaxa, Ticlid, Xarelto or any blood thinner (anti-coagulant), please follow the instructions for stopping or not stopping these medications that were provided by your gastroenterologist. If you did not receive instructions, or have additional questions, please call the office at 978-465-4622.
- If you take a daily dose of aspirin, there is no need to discontinue it unless your gastroenterologist specifically tells you to do so.
- If you take NSAID's such as Naprosyn, Aleve, Ibuprofen or Advil, these do not need to be discontinued unless your gastroenterologist specifically told you to do so.

## Seven (7) days before your procedure:

- If you take iron pills, vitamins and/or herbal supplements, stop taking them 7 days before your procedure.
- Start your low fiber / low residue diet. Do not eat popcorn, seeds, nuts, salad, corn, beans, peas, whole grain or wheat breads, raw fruits or raw vegetables (well-cooked fruits and vegetables are acceptable) until after your procedure.

## Two (2) days before the procedure:

**Follow a clear, liquid diet only.** Clear liquid is any liquid that you can see through. Do not drink any red, orange, or purple liquids.

Examples of clear liquids are black tea or coffee, water, white grape juice, apple juice, soda, sports drinks such as Gatorade, Jello's, popsicles, Italian ice or broth.

**Remember, you are to remain on a clear liquid diet until after your procedure.**

- **No solid foods**
- **No dairy products**
- **No alcoholic beverages**

### **4 PM- (two days before the procedure)**

Take 4 doses of MiraLAX (1 dose = 1 capful) mix with any clear liquid.

### **4:15 PM (2 days before the procedure)**

Take an additional 4 doses of the MiraLAX

**\*\*\*Please note MiraLAX is available over the counter. No prescription is needed\*\*\***

If you move your bowels 2 times a week or less, or if you use a laxative more than 2 times a month, at bedtime take 4 tablespoons of Milk of Magnesia.

## The day before the procedure:

**Follow a clear, liquid diet only.** Clear liquid is any liquid that you can see through. Do not drink any red, purple, or orange liquids. Examples of clear liquids include water, tea, black coffee, clear broth, apple or white grape juice, sodas, sports drinks like Gatorade and Jell-O.

**Remember, the day before your procedure, don't drink or eat:**

- solid foods
- dairy products
- alcoholic drinks

**SUTAB** is a split-dose (2-day) regimen. A total of 24 tablets is required for complete preparation for colonoscopy. Twelve (12) tablets will be taken with plenty of water the day before the colonoscopy, then another twelve 12 tablets will be taken with water the morning of the colonoscopy.

**DOSE 1 – On the Day Prior to Colonoscopy at 6pm**

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 12 tablets, one at a time and use all of the 16 ounces of water to do so.



**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.

**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.

**9pm (the day before your procedure)**

- Take 2 gas pills (Simethicone) with 8 ounces of clear liquid.

## Day of your procedure:

If your arrival time is early in the morning, you will need to finish drinking the laxative in the early morning hours even if this means you will not get much sleep.

### **6 hours before your scheduled procedure time**

- Repeat **STEP 1 TO STEP 4 FROM ABOVE (DOSE 1)**
- Take 2 gas pills (Simethicone) with 8 ounces of clear liquid.

### **3 hours before your scheduled procedure time**

- Stop drinking all liquids.
- Do not eat any food.

- If you drink liquids, chew gum, eat hard candy, or eat any food within 3 hours of your procedure, it will need to be postponed or cancelled.

#### **Comfort Tips:**

- If you feel sick to your stomach, wait 30 minutes then start drinking smaller amounts.
- Use baby wipes, Vaseline, or hemorrhoid cream if you get sore from moving your bowels.
- The gas pills help with the bubbles forming in your colon. This also helps the doctor see better.

## **The Day of Your Colonoscopy Procedure**

### **Bring these things with you to your colonoscopy procedure**

- ☐ Your photo identification.
- ☐ The name and phone number of your escort.
- ☐ You may wear your wedding rings but no other jewelry.

### **The day of your procedure**

- Before the procedure, the doctor will review the procedure with you and ask that you sign a consent form.
- We will call your escort 30 minutes before you are ready to leave.
- Most people are ready to go home 2 ½ hours after their arrival time. Occasionally there are delays.

### **After the procedure**

- Most people need to rest at home for the remainder of the day. Don't drive or operate any machines on the day of your procedure. Avoid making important decisions. Avoid drinking alcohol.
- You can go back to eating as you normally do right away.
- You will get a letter in the mail with your test results within 2 weeks after your colonoscopy.

#### **Remember**

- **You cannot drive after your procedure.**
- **We will have to cancel your procedure if you do not have an adult escort to meet you in the endoscopy unit and bring you home.**
- **Your escort should be able to pick you up 30 minutes after we call them.**

**If you have any questions about these colonoscopy preparation instructions, call your gastroenterologist at 978-465-4622.**