

IMPORTANT!

Please read all instructions at least one week prior to your procedure and call our office if you have any questions.

SUTAB Bowel Prep

Preparation Check List

FIVE (5) days before your colonoscopy:

- Begin a low-residue diet. See the enclosed fact sheet for a guide to which foods you should avoid

The day before your colonoscopy:

- Begin a clear liquid diet as soon as you wake up. Be sure to drink plenty of clear liquids throughout the day. See the fact sheet for a list of clear liquids.

Between 3:00 to 4:00 PM begin DOSE 1

- **STEP 1:** Open one bottle of twelve (12) SUTAB tablets.
- **STEP 2:** Fill the provided container with 16 ounces of water (to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15-20 minutes.
- **STEP 3:** Approximately one (1) hour after the last tablet is ingested, fill the provided container **again** with 16 ounces (to the fill line) of water and drink the entire container over 30 minutes.
- **STEP 4:** Approximately 30 minutes after finishing the second container of water, fill the provided container **again** with 16 ounces (to the fill line) of water and drink the entire container over 30 minutes.
- **STEP 5:** Drink an **additional** 16 ounces of water before you begin Dose 2.



The day of your colonoscopy:

5 HOURS before your scheduled procedure time begin DOSE 2

- Open the second bottle of twelve (12) SUTAB tablets, and repeat steps 1-5 above.
- **TWO HOURS** before your scheduled procedure time: **STOP DRINKING ALL FLUIDS.** You may take any usual morning medications with a small sip of water. If you have diabetes or take blood thinners, please follow your doctor's advice regarding any changes to your medications that may be needed.
 - If you experience preparation related symptoms of nausea, bloating, or cramping pause or slow the rate of the additional water drinking until the symptoms diminish.

Prep Tips

- If you feel nauseated while doing the prep, peppermint tea or sucking on a lemon may help.
- It also may help to put the prep solution on ice.
- When you begin to have diarrhea, baby wipes may be used to prevent irritation. Avoid using Vaseline jelly or Desitin.
 - Electrolytes water or sport drinks recommended
NO RED, PINK OR PURPLE

HYDRATION REMINDER

It's important to hydrate before you take the prep, while you're taking the prep, and after the prep.

Follow your doctor's instructions completely,

If there are any questions about the prep, please call your Dr's office 781-444-6460

Dear Patient,

Thank you for choosing Beth Israel Deaconess Hospital *Needham* for your **Colonoscopy**.

Beth Israel Deaconess Hospital *Needham*
Outpatient Clinical Center, 3rd Floor
The Christoph and Susan Hoffmann Center for Digestive Health
148 Chestnut Street
Needham, MA 02492

Day/Date: _____

Arrival Time: _____

Cancellation Policy: If you need to cancel or reschedule your procedure, please allow at least 48 hour notice. The phone number is 781-453-7861. You may leave a message with our answering service at anytime.

Please bring your completed medication list with you to the procedure.

- Note: Because medical procedures do not always go according to schedule, there may be unexpected delays in your procedure. We thank you in advance for your understanding and patience. **PLEASE READ ALL INSTRUCTIONS TODAY!**
- Screening colonoscopy with removal of polyps is a powerful tool in preventing colorectal cancer. Insurance coverage of colonoscopic polypectomy depends on your insurance carrier and plan details. Please refer to your insurer's explanation of benefits if you have any questions regarding this matter. Coverage cannot be guaranteed by BID Hospital *Needham* or Needham Gastroenterology Associates.
- Refer to the medications listed below that need to be stopped days before your procedure.

Please **leave valuables (jewelry, money, credit cards, or electronic devices) at home** when you come in for your procedure.

Registration will contact you prior to your procedure to confirm your information. If you are unavailable, please come directly to the Digestive Health Center on the day/time of your procedure and we will confirm your information.

Internal Defibrillator and/or Pacemaker – If you have an internal defibrillator and/or pacemaker, please bring your device card or information with you on the day of the procedure.

If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor prior to your procedure.

Medications

- **Aspirin or Aspirin Products**- stop 5 days prior to your procedure. The exception to this is for patients who have had a cardiac stent. **CARDIAC STENT PATIENTS SHOULD REMAIN ON THEIR ASPIRIN.**
- **Iron tablets**- Stop iron tablets 5 days prior to your procedure.
- **Ibuprofen, Motrin, Advil, Aleve, and other Anti-Inflammatory Medications**- Must be stopped 48 hours prior to the procedure.
- **Coumadin, Lovenox, Aggrenox, Pradaxa, Xarelto, or Eliquis** or any other blood thinning medications: call your prescribing physician for instructions.
- For patients who have a **cardiac stent** and are taking **Plavix**, please contact your cardiologist for instructions.
- **Diabetics:**
 - If you are taking an **oral diabetic medication**, please **do not** take your dose the **evening before** your procedure and **do not** take your dose the **morning of** the procedure.
 - If you take **Insulin**, please call your prescribing doctor for further instructions.
- **Prescription Medications** may be taken the morning of your procedure, at least three hours prior to your arrival time with as little water as possible.

Procedure Preparation

PLEASE FOLLOW COLONOSCOPY PREPARATION INSTRUCTIONS included with this letter.

- **Arrange for a ride home.**
- A responsible adult will need to pick you up in our Center **2 hours** after your **scheduled arrival time**. **Uber, Lyft or a taxi is allowed only if a responsible friend or family member accompanies you.**
- After sedation, you may **not** drive for the remainder of the day. Do not plan to work or perform work related tasks for the rest of the day due to the lasting effects of the sedation.

We hope this information has been helpful. Be sure to read the rest of the information in this packet. If you have any questions, please call 781-453-7850.

Low-residue and clear liquid diets

Below is a guideline of foods you can eat while following a low-residue diet before your procedure, as well as a list of clear liquids for that stage of the prep. In general, avoid anything tough or fibrous, and anything with whole grains, nuts, seeds, skins or red dye.

IMPORTANT!

A low residue diet will help you get the best results from your bowel prep. If you aren't sure if a food is low-residue, it is best to skip it while you are preparing for your procedure.



| Food group | Foods allowed | Foods to avoid |
|---------------------------------------|---|---|
| Milk & Dairy | Milk, soy or nut milks (as long as they aren't gritty) ice cream, yogurt, cheese | No dairy product with pieces of nuts, seeds or fruit in it |
| Beverages | Coffee, tea, soda, juices with no pulp, Kool-Aid (without red dye), Boost, Ensure or other nutritional supplements without added fiber | No drinks with pulp, seeds, added fiber or prune juice |
| Breads, cereals & starches | Any refined breads including English muffins, pita, biscuits, muffins, crackers, pancakes, waffles, Cheerios, Cornflakes, Rice Krispies, white rice, refined pastas | No whole grains, oatmeal, granola, anything with seeds or nuts, corn bread, graham crackers, brown or wild rice, potato skins, quinoa |
| Fruits | Canned or cooked fruit without skins or seeds, apple sauce, ripe bananas, jellied cranberry sauce | No raw fruits (except ripe bananas), canned pineapple, oranges, mixed fruit, dried fruit, whole cranberry sauce, avocado |
| Vegetables | Tender, well-cooked canned or frozen vegetable with no seeds or skins, such as peeled carrots or beets, strained vegetable juice or tomato sauce | No raw vegetables or any cooked that are tough or fibrous such as broccoli, asparagus, spinach, etc. |
| Meat & meat substitutes | Cooked tender fish, poultry, beef, pork, eggs, tofu, smooth nut butters | No gristle, cold cuts or sausages, any meat substitute made with whole grains, seeds or pieces of nuts, beans, peas or lentils |
| Miscellaneous | Salt, sugar, ground or flaked spices, chocolate, any liquid or smooth condiment such as ketchup, soy sauce, mayo or jelly (but not jam or preserves) | No pepper, seed spices or other seeds, nuts, popcorn, pickles, olives |

Clear Liquid Diet: Stay hydrated and drinks lots of clear liquids throughout the day!

When you reach the clear liquid stage of your prep, you may only have: water; light-colored sodas; tea or coffee (black only- no cream or milk); clear juices, Gatorade or other sports drinks (no red dye) chicken, beef, and vegetable broths; bouillon; Jell-O (no red Jell-O); and popsicles (no red popsicles).

No solid foods, No hard candy or gum, no drinks with red dye, no dairy, no juices with pulp, no alcohol.