

HACKENSACK GASTROENTEROLOGY ASSOCIATES, P.A.

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SUTAB INSTRUCTIONS

*****PLEASE READ INSTRUCTIONS CAREFULLY*****

****YOU MUST MAKE TRANSPORTATION ARRANGEMENTS****

(You will not be able to drive yourself & must have someone accompany you home)

If you are taking aspirin, blood thinners or anti-inflammatories, YOU MUST INFORM THE PHYSICIAN ONE WEEK PRIOR TO PROCEDURE. CONTINUE ALL OTHER PRESCRIBED MEDICATIONS up to the examination date, INCLUDING BLOOD PRESSURE MEDICATIONS. Please notify us if you have undergone heart valve surgery or any other recent prosthetic surgery. **Please refrain from eating salads and leafy greens 3 days prior to procedure.**

On the Day Before Your Procedure

What You CAN Do

- You may have low residue breakfast. Low residue foods include eggs, white bread, cottage cheese, yogurt, grits, coffee, and tea.
- You may have clear liquids.

What You CANNOT Do

- Do not drink milk or eat or drink anything colored red or purple.
- Do not drink alcohol.
- Do not take other laxatives while taking SUTAB.
- Do not take oral medications within 1 hour of starting each dose of SUTAB.
- If taking tetracycline or fluoroquinolone antibiotics, iron, 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.

Liquids That Are OK to Drink

- Coffee or tea (no cream or nondairy creamer)
- Fruit juices (without pulp)
- Gelatin desserts (no fruit or topping)
- Water
- Chicken broth
- Clear soda (such as ginger ale)

Note

- 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.
- Contact your healthcare provider if you develop significant vomiting or signs of dehydration after taking SUTAB or if you experience cardiac arrhythmias or seizures.
- If you have any questions about taking SUTAB, call your doctor.

The Dosing Regimen

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—On the Day Prior to Colonoscopy

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 each tablet with a sip of water, and drink the entire amount of water over 15 to 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 additional 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.

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.

DOSE 2—Day of the Colonoscopy

- Continue to consume only clear liquids until after the colonoscopy.
- The morning of colonoscopy, 6 hours prior to the colonoscopy, open the second bottle of 12 tablets.
- Repeat STEP 1 to STEP 4 from Dose 1.



Tablets not shown actual size.



IMPORTANT: You must complete all SUTAB tablets and required water at least 6 hours before colonoscopy.

Please read the full Prescribing Information and Medication Guide in the kit.

Report to: Hackensack University Medical Plaza
20 Prospect Ave, Suite 813
Hackensack, NJ 07601

The Excelsior II
170 Prospect Ave, 2nd Fl, Ste 10
Hackensack, NJ 07601

Endoscopy Center of Bergen County
80 Eisenhower Drive
Paramus, NJ 07652

DATE: _____ TIME: _____

NO SOLID FOOD AFTER BREAKFAST THE DAY BEFORE THE COLONOSCOPY,
CLEAR LIQUIDS ONLY.

UPON WAKING THE DAY BEFORE THE PROCEDURE, DRINK AT LEAST 5 OUNCES
OF LIQUID EACH HOUR LEADING UP TO THE START OF THE PREP

In general, you can have

Apple juice,
white cranberry or white grape juice
Chicken or Beef broth (no chunks in it),
Jello (not Red)
tea (no milk)
coffee (black)
water
Gatorade(not Red)
ginger ale
Sprite
7-Up
popsicles (not with fruit pieces in it or Red)

STOP ALL LIQUIDS 4 HOURS BEFORE YOUR PROCEDURE

Instructions Following Colonoscopy

You have just had a colonoscopy. This is information about what to expect over the next week. Please call our office if you have severe or persistent abdominal pain, fever, or a bloody bowel movement. A doctor associated with our office will speak with you and decide on a course of action. If biopsies were taken from your colon or a polyp was removed, we usually request that you call your own doctor in about 10 days to obtain the results.

Bleeding: Bleeding may occur immediately after taking a biopsy or after removal of a polyp. You will have been informed if there was any bleeding at the time of the procedure. Although rare, the risk of bleeding may still be present up to 10 days after polypectomy, when the scab from the cauterized area falls off. A small amount of blood on the stool is not uncommon after colonoscopy, but the passage of an entirely bloody bowel movement should be immediately reported.

Pain: Sharp or persistent abdominal pain is uncommon after colonoscopy. If it occurs, please call our office. Many patients experience discomfort due to the air pumped into the colon during the procedure, but this usually subsides within a few hours.

The sedative medication injected into your arm vein may cause local swelling and discomfort, beginning 1 to 7 days later and last for several weeks. This occurs in about 1/100 patients and, although annoying, it is rarely serious. Please contact our office if you experience any swelling or pain that persists following your procedure.

Food: Your bowel preparation has emptied your intestinal tract. We suggest avoidance of any heavy meals today. If your stomach does not feel right, the next meal should be light-such as eggs, cereal and toast. *Do not* drink alcohol for 8 hours. Regular food may be started tomorrow.

Activities: The sedation you received will make you less alert than normal. Do not make any major decisions today. You may resume normal activities tomorrow. Do not drive a car until tomorrow.

Medications: You may resume all medications immediately after colonoscopy, but if a polyp was removed, your doctor will instruct you when to restart blood thinners.

Next Bowel Movement: Since your colon is completely clean, do not expect any bowel activity for 2 to 3 days.