

Subtab Preparation Instructions for Colonoscopy (Split-Dose Regimen)

Call/text us at (281) 746-9284 - Option 4 for any questions about preparation or scheduling

A \$150 cancellation fee will apply to patient if the procedure is not cancelled at least 72 hours prior to the scheduled procedure

7 Days Before Your Procedure

Stop the following:

- Weekly GLP-1 medications (Ozempic, Wegovy, Mounjaro, Trulicity, Byetta)
- Phentermine medications (Adipex, Fastin, Lonamin, Qsymia, Loamira, Duromine)
- High-fiber foods including nuts, seeds, corn, popcorn, raw vegetables, salads, beans, whole grains, and fiber supplements
- Oral iron supplements (IV iron is acceptable)
- OTC vitamins, herbs, supplements, CBD oil, Omega 3 fish oil
- NSAIDs (e.g. Advil, Motrin, Aleve, Alka-Seltzer, BC Powder, Excedrin, etc.) Tylenol is safe if needed

Special Instructions

- For Daily GLP-1 & SGLT 2: Jardiance, Farxiga, Xigduo, Victoza, Adlyxin, Saxenda, etc - stop 3 days prior to your procedure
- Blood Thinners (Plavix, Coumadin, Eliquis, Xarelto, Aspirin, etc.): A clearance form will be provided for your prescribing provider to determine whether these should be held prior to your procedure
- Aspirin 81mg daily may be continued unless otherwise directed
- Dialysis patients (must be scheduled at Outpatient Hospital only): Coordinate with your nephrologist, have dialysis the day before and post-dialysis potassium check

Prescription

- Pick up your prescribed **Sutab®** (24 tablets) at the pharmacy

1 Day Before Your Procedure

DRINKING SCHEDULE

(If nausea, bloating, or cramping occurs → slow down, sip extra water, then continue!)

ALL DAY	CLEAR LIQUIDS ALL DAY: Water, clear broth or bouillon, Jell-O, Kool-Aid, popsicles, strained fruit juices (no pulp), coffee/tea (no cream), etc. No alcohol is allowed. Avoid red, purple, or blue colored liquids ***A minimum of 2 liters of water should be consumed the DAY BEFORE your procedure MEDICATIONS: You may take your routine medications the day before your procedure, unless instructed otherwise. STOP taking ACE Inhibitors/ARBs (Lisinopril, Benazepril, Losartan, Olmesartan, etc.) 24 hours prior to your procedure
6:00 PM: DOSE 1	STEP 1: Open the first bottle of Sutab® (12 tablets). Swallow 1 tablet every 1-2 minutes, with a sip of water each time. Finish all 12 tablets and the full 16 oz of water within 20 minutes total
1 hour after last tablet	STEP 2: Fill the container to the fill line (16 oz) with water and drink it over 30 minutes
30 minutes after that container	STEP 3: Fill the container again to the fill line (16 oz) with water and drink it over 30 minutes

The Day of Procedure

Morning of procedure (7 hours before your arrival time): DOSE 2	Repeat Steps 1-3 with the second bottle of Sutab® (12 tablets). All tablets and water must be finished at least 4 hours before your colonoscopy. Then STOP drinking any liquids
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✓ **OK to Take:** Heart, Blood pressure, Steroids, Anti-anxiety, Thyroid, Seizure, or Immunosuppressant medications with a small sip of water; use inhalers as prescribed. Other medications/ supplements may be resumed after returning home. Any other liquids that morning may result in cancellation of your procedure.

✗ **Do NOT take:** Diabetes medications (Insulin, Metformin, Rybelsus, Janumet, etc.) or diuretics. Do not chew gum or eat candy within 2 hours before the procedure. Do not wear contact lenses.

 **Biopsy Results:** If a biopsy is taken, results can take up to 14 business days. Please schedule a follow-up appointment for 2 weeks after your procedure to review them. If no follow-up is needed, we'll contact you to cancel it.

 **Transportation Requirement:** A family member or friend must drive you home. Uber/Lyft is only allowed if accompanied by a family member or friend.