

## SUTAB INSTRUCTIONS

Your Colonoscopy has been scheduled with Dr. \_\_\_\_\_

On \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ at \_\_\_\_\_ am/pm  
Day Month Date Arrival Time

At:

- |  |  |
|--|--|
| <input type="checkbox"/> Washington Hospital<br>Admitting Department<br>2000 Mowry Avenue<br>Fremont, CA<br>510-797-1111 | <input type="checkbox"/> Washington Outpatient Surgery Center<br>First Floor<br>2299 Mowry Avenue<br>Fremont, CA<br>510-791-5374 |
|--|--|

If you need to cancel or reschedule your procedure please call our office 3 days prior to the procedure at 510-248-1843.

### Recommended List for Prep:

- SUTAB (*Prescription has been sent to your pharmacy*)
- Dulcolax 5mg (*Purchase a package, however you will only take 6 tablets*)
  - Over the counter laxative

### Recommended List for Clear Liquid Diet:

- |  |                          |                                |
|--|--------------------------|--------------------------------|
| • Water  | • Bouillon (clear broth) | • Jell-O gelatin (not pudding) |
| • Popsicles  | • Carbonated Soda        | • Ginger Ale                   |
| • Black Tea  | • Black Coffee           | • Gatorade                     |
| • Crystal Light  | • Coconut Juice          | • Sugar and Sugar Substitutes  |
| • Honey  | • Syrup                  | • Clear Hard Candy             |
| • Clear Fruit Juices ( <i>white grape, apple, lemonade</i> ) |                          |                                |

Avoid solid foods, dairy products, fruit juices with pulp, and all red, orange, purple, and blue colored liquids.

### Recommended List for Comfort:

- Desitin, A&D Ointment, Vaseline (*apply to anal area to relieve discomfort*)
- Baby Wipes (*use instead of toilet paper to reduce irritation*)

**IMPORTANT: There are Medications which MUST be Stopped Prior to your Colonoscopy.**

- Refer to the “Medication Instructions” on the last two pages.
- Always discuss medication concerns with your doctor.

**THREE DAYS PRIOR TO THE COLONOSCOPY:**

**DO NOT EAT:**

- Legumes
- Corn
- Nuts
- Peas
- Tomatoes
- Carrots
- Watermelon

**IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE PLEASE CALL OUR OFFICE TODAY AT 510-248-1843.**

**DAY BEFORE THE COLONOSCOPY:**

- **DIET:**
  - **ALL DAY - Clear Liquids Only** (*as described on the first page of these instructions*)
  - **Any combination of liquids is allowed**
  - **Be creative for “meals”**  
**Stay hydrated! YOU NEED TO DRINK AT LEAST 3 LITERS OF FLUIDS!**  
**Drink enough fluids to avoid dehydration while undergoing the colonoscopy prep**
- **Take 4 tablets of Dulcolax (5 mg each) with additional water**  
**IMPORTANT: Continue your Clear Liquid diet to prevent dehydration and ensure good urine output by drinking 2 to 3 liters of clear liquid.**
- **BEFORE 5PM:**
  - **Fill container with 16oz of water, swallow each tablet with a sip of water. Drink entire amount of water within 15-20 minutes.**  
**IMPORTANT: If you experience preparation related symptoms, such as: nausea, bloating, or cramping, pause or slow down the rate of drinking water until symptoms finish.**
- **ONE HOUR AFTER LAST TABLET INGESTED:**
  - **Fill container with another 16oz of water and drink entire amount within 30 minutes**
- **30 MINUTES AFTER FINISHING SECOND CONTAINER OF WATER:**
  - **Fill container with another 16oz of water and drink entire amount within 30 minutes**

## **DAY OF THE COLONOSCOPY:**

- **WAKE UP: 4 to 5 hours before the scheduled time of your colonoscopy**
  - If your colonoscopy is scheduled early in the morning you will need to get up in the early morning hours
- **IMMEDIATELY:**
  - Take two Dulcolax Tablets (*5mg each*)
  - Fill container with 16oz of water, swallow each tablet with a sip of water. Drink entire amount of water within 15 to 20 minutes.  
**IMPORTANT: If you experience preparation related symptoms, such as: nausea, bloating, or cramping, pause or slow down the rate of drinking water until symptoms finish.**
- **ONE HOUR AFTER LAST TABLET INGESTED:**
  - Fill container with another 16oz and drink entire amount within 30 minutes
- **30 MINUTES AFTER FINISHING SECOND CONTAINER OF WATER:**
  - Fill container with another 16oz of water and drink entire amount within 30 minutes
- **DO NOT SKIP THESE STEPS**

**3 HOURS PRIOR TO YOUR COLONOSCOPY  
DO NOT EAT OR TO DRINK UNTIL YOUR COLONOSCOPY IS COMPLETED**

**This Completes Your Bowel Prep**

**WHAT TO EXPECT AFTER THE BOWEL PREP IS COMPLETE:**

- More diarrhea
- Passing of clear, colored liquid
- IF your stool is brown and murky, please inform the nurse upon admission
  - Poor bowel preparation may result in having to reschedule your procedure and a more extensive prep



<b>Dark and murky</b> <b>NOT OK</b>	<b>Brown and murky</b> <b>NOT OK</b>	<b>Dark Orange and semi-clear</b> <b>NOT OK</b>	<b>Light orange and clear</b> <b>ALMOST THERE</b>	<b>Yellow and clear, like urine</b> <b>YOU'RE READY!</b>
--	---	--	--	---

**AFTER THE COLONOSCOPY:**

- You may resume your normal diet
- Continue drinking enough liquids until bedtime to prevent dehydration and ensure good urine output
- You **MUST** have a responsible driver pick you up and a responsible caregiver at home with you for 4 hours after discharge

**PLEASE CALL THE OFFICE IF YOU HAVE ANY QUESTIONS AT (510) 248-1843**

# MEDICATION INSTRUCTIONS

Please discuss with your health care provider or cardiologist specific instructions prior to discontinuing any medications.

**ANTI-PLATELET – Discontinue 5 Days Prior to Colonoscopy, unless otherwise specified by your physician**

- Clopidogrel (Plavix)
- Ticagrelor (Brilinta)
- Prasugrel (Effient)
- Ticlopidine (Ticlid)
- Eptifibatide (Integrilin)

**ANTI-COAGULANT – Discontinue 4 Days Prior to Colonoscopy**

- Warfarin (Coumadin)

**ANTI-COAGULANT – Discontinue 2 Days Prior to Colonoscopy**

- Rivaroxaban (Xarelto)
- Dabigatran (Pradaxa)
- Apixaban (Eliquis)

**ANTI-COAGULANT – Discontinue 1 Day Prior to Colonoscopy**

- Heparin
- Enoxaparin (Lovenox)

**ANTI-COAGULANT – Ask the Prescribing Doctor When to Discontinue**

- Edoxaban (Savaysa)
- Fondaparinux (Arixtra)

**OTHER MEDICATIONS – Discontinue 5 Days Prior to Colonoscopy**

- Fish Oil
- Iron Supplements
- Vitamin E
- Gingko
- Metamucil
- Hydrocil
- Other Bulk Preparations
- Turmeric (Curcumin)

**FOR 5 DAYS PRIOR TO COLONOSCOPY – You may take TYLENOL if needed.**

**ROUTINE PRESCRIBED MEDICATIONS – Continue taking as prescribed.**

**FOR 3 DAYS PRIOR TO COLONOSCOPY– Stop JARDIANCE**

**DIABETES MEDICATIONS – Discuss with your Endocrinologist, however normally:**

- The plan would be:
  - Day Before Colonoscopy: take half the normal dose of Diabetes Medication and/or Insulin
  - Day of the Colonoscopy: DO NOT take your diabetes medication

Please review the guidelines from American Society of Anesthesiologists regarding preoperative holding of glucagon-like peptide receptor agonists:

**Dulaglutide (Trulicity)**

**Exenatide (Byetta)**  
**Exenatide extended-release (Bydureon)**  
**Liraglutide (Victoza)**  
**Lixisenatide (Adlyxin)**  
**Semaglutide injection (Ozempic)**  
**Semaglutide tablets (Rybelsus)**  
**Tirzepatide (Mounjaro)**  
**Wegovy (Semaglutide)**

**If they are given by WEEKLY INJECTION, these medications SHOULD BE HELD 1 WEEK BEFORE procedure.**

**If they are given ORALLY on a DAILY basis, they SHOULD BE HELD on the DAY BEFORE procedure.**