



SCAN/CLICK for PODCAST

2025 COVID-19 NOTICE

If you have a fever, unexplained cough, or respiratory symptoms or have been exposed to someone with symptoms or confirmed COVID-19 infection in the last 4 weeks, **CALL** and reschedule your colonoscopy procedure. **DO NOT** do the prep and risk being turned away.

SUTAB-ENSURE-SIMETHICONE COLONOSCOPY “PREP”



Modern colonoscopy is a diagnostic procedure to examine the colon or large intestine. Over the past 50 years, it has become the gold standard in screening for colon polyps and preventing colorectal cancer. With modern sedation methods and newer, thin, flexible instruments, most exams are quick, painless, and very safe. However, for an accurate and safe exam, your colon must be purged of all waste material using a restricted diet and laxative preparation, or "prep." Colonoscopy is an important exam. Read this carefully and take the time to prepare correctly. **REMEMBER:** *An accurate exam requires an excellent prep.*

Arriving in 2021, **SUTAB** is the **LATEST INNOVATION IN COLONOSCOPY PREPARATION**. You may have heard horror stories of past large-volume 135-ounce “preps” like GoLytely or some of the newer lower-volume preps that were somewhat nauseating and distasteful. **SUTAB** is the first formulation that allows a lower volume of fluid (96 oz) and comes in a tasteless tablet form. Finally!

WARNING: *SUTAB and other low-volume concentrated prep solutions are NOT to be used by individuals with severe Chronic Kidney Disease or Kidney Failure. A higher volume and lower concentration prep must be used. If you have kidney failure, please call.*

Most patients report that the worst part of the procedure is not the actual colonoscopy but the necessary preparation the day before. Preparing for a colonoscopy is never pleasant, but fortunately, this new “pill prep” was developed to make this process as simple as possible. You must follow all instructions carefully so that the test does not need to be rescheduled. If you have any questions, please call our office at (412) 262-1000, option #4.

WARNING: Individuals taking the semaglutide class of medications known as (GLP-1) receptor agonists may delay how their stomach empties. This may interfere with colonoscopy preparation AND increase the risk of aspiration under anesthesia for BOTH colonoscopy and upper endoscopy (EGD) exams.

ALL patients taking these medications once weekly MUST stop them temporarily for 1 week before their procedure appointment.

ALL patients taking these medications daily MUST stop them temporarily for 24 hours before their procedure appointment.

Failure to do so will result in the cancellation of the procedure, which will have to be rescheduled.



To prepare for your exam, you will need a prescription to purchase:

- One SUTAB Bowel Prep Kit - which contains two small bottles. In each bottle, there are 12 tablets.
- ZOFRAN (ondansetron) 4 mg antinausea pills if your doctor ordered.
- SIMETHICONE tablets – if doctor ordered **or** purchase OTC product ==>



Gas-X
Gas Relief

All bowel preps may cause some anal irritation. We also recommend that you purchase:

- A soft brand of toilet tissue.
- A box of baby wipes such as Huggies or Pampers Aloe wipes
- One small tube of diaper rash ointment or Zinc Oxide cream
- A small bottle of Milk of Magnesia
- [OPTIONAL] Two (2) bottles of ENSURE or BOOST nutritional supplement. Any flavor. This is NOT required but makes the prep more tolerable.



Special Instruction for Diabetics (READ PAGE 7)

We realize our patients with diabetes may be wondering about the safety of a colonoscopy prep. The bottom line is it can be done safely if you follow instructions. If you are taking medication for Diabetes, please read page 7 for special instructions.

This new SUTAB prep is safe and effective. **It is split into TWO portions:**

1. The first half is taken the night before your exam.
2. The second half must be taken on the morning of your exam, **STARTING 6 ½ HOURS BEFORE YOUR ARRIVAL TIME** and completed within 2 hours. **YOU MUST HAVE NOTHING BY MOUTH THOSE LAST FOUR (4) HOURS BEFORE YOUR EXAM – NO FOOD, LIQUIDS INCLUDING WATER, TOBACCO, CANDY, OR EVEN CHEWING GUM.**

THREE (3) DAYS BEFORE YOUR COLONOSCOPY

Make arrangements for a companion to accompany you to your appointment and drive you home. This person should be someone we can share the examination results with. **We require that your driver remains here the entire time you are here, which averages around two hours – otherwise, your appointment may have to be rescheduled.**

It is best to eat lightly for a few days before your exam. It makes the cleanout easier and more effective. *What goes in – has to come out.* Try to avoid overeating to compensate for the upcoming fast. Please avoid Metamucil, vitamins containing iron, raw vegetables, corn, sesame seeds, and foods with skin or tiny seeds such as tomatoes, kiwi, and cucumbers for a few days before your exam. Discontinue any fiber supplements. (Metamucil, Benefiber, Citrucel, etc.)

TWO (2) DAYS BEFORE YOUR COLONOSCOPY

Regular activity and diet are advised, but don't overeat. We suggest you take an over-the-counter laxative (such as 4 TBSP of Milk of Magnesia) and 4 glasses of water after dinner TWO nights before your exam to "prime the pump."



THE DAY BEFORE YOUR COLONOSCOPY ("Prep Day")

☐ **No breakfast –do not eat anything**

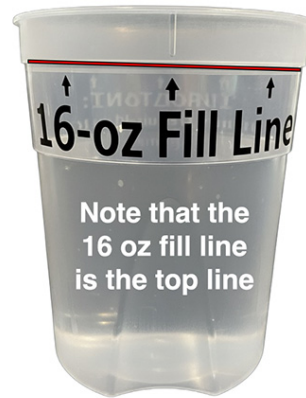
- **Stop eating solid food.**
- You may have **one 8 oz bottle of Ensure or Boost** for nutrition.
- The rest of the day, follow a **clear liquid diet** (see list below).
- **Drink at least 8 ounces of clear liquid every two hours** while you're awake.

At 12:00 PM (Noon)

- Still **no solid food.**
- You can drink a **second 8 oz bottle of Ensure or Boost** if you want.
- Keep drinking clear liquids every two hours.

At 4:00 PM

- No more Ensure or Boost.
 - Continue with **only clear liquids** every two hours.
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6:00 PM – START YOUR BOWEL PREP

If you were prescribed **ZOFRAN (ondansetron)**:

- Take **one Zofran tablet** to help prevent nausea.
- Wait 15 minutes before starting the prep.

Then:

1. Fill the prep container with **16 ounces of water** (to the fill line).
2. Open the bottle of **12 tablets** and **throw away the little white drying capsule** inside (the desiccant).
3. **Take one tablet every 1–2 minutes.**
 - Swallow each with a sip of water.
 - Finish all 12 pills over about 20 minutes.
4. One hour after the last tablet:
 - Refill the container with **16 oz of water** and drink it over **30 minutes**.
5. After that:
 - Fill the container again with **16 oz of water** and drink it over another **30 minutes**.

You must finish all the water as directed for the prep to work properly. You're allowed to drink more clear fluids if you like.

What counts as a clear liquid?

Stick to liquids you can see through:

- Water
- Iced tea (no milk)
- Lemonade (no pulp)
- White grape juice
- Apple juice
- Gatorade (avoid red, blue, or purple)
- Crystal Light
- Clear broth
- Popsicles (no red, blue, or purple)

Avoid: Milk, cream, red/blue/purple liquids, alcohol

THE MORNING OF YOUR COLONOSCOPY ("Test Day")

No food. No breakfast.

6½ hours before your arrival time:

If Zofran was prescribed:

- Take your **second Zofran tablet** and wait 15 minutes.

Then repeat the bowel prep:

1. Fill the prep container with **16 oz of water**.
2. Open the second bottle of **12 tablets** and **discard the desiccant**.
3. **Take one pill every 1–2 minutes** with a sip of water.
 - Finish all 12 over about 20 minutes.
4. One hour later:
 - Refill the container with **16 oz of water** and drink over **30 minutes**.
5. Then:
 - Refill again with **16 oz of water** and drink over **30 minutes**.

Bubbles of foamy liver bile often coat the colon lining and interfere with the exam. Take **2 tablets of SIMETHICONE** "bubble buster" all together with your last glass of liquid on the morning of your colonoscopy exam.



Take your **2 Simethicone (Gas Relief, Gas-X) tablets** with your last glass of water.

VERY IMPORTANT: Nothing by mouth for 4 hours before your procedure

To keep your airway safe while under sedation:

- Do **not eat or drink anything** (including water, gum, mints, or tobacco) during those last 4 hours.
- If you do, **your procedure may be cancelled**.

Medications

- You may take **essential prescription medications** with a small sip of water.
 - **Do take** your blood pressure medication.
 - If you're on **diabetes meds** or **blood thinners** (like Coumadin, Eliquis, Xarelto), follow the special instructions from your doctor.
 - If you use an **asthma inhaler**, bring it with you.
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On Arrival

- **Arrive on time** for your appointment.
- Wear **comfortable clothes and slip-on shoes**.
- Leave jewelry, electronics, and valuables at home. No weapons permitted.
- Bring:
 - Your **insurance card**
 - Your **photo ID**
 - **Payment** for any deductible or copay

Note: The center is not responsible for lost or stolen items. Leave phones and headphones with your driver or at home.

YOUR DRIVER

Bring a driver who can remain here the entire time you are here. The average visit is about two hours. Arriving late or without a driver may require canceling and rescheduling your procedure. *Patients who would like to have their driver come to recovery after their procedure must have their driver remain in the waiting room the entire time.* If the nurse comes to the waiting room to call your driver back and they have left the waiting room, they may miss the opportunity to come to recovery when the doctor goes over the results.

Note: “CLEAR” LIQUIDS ALLOWED: This includes clear fat-free broths, bouillon, coffee, and tea (without cream or non-dairy creamer), Kool-Aid, Crystal Light, carbonated beverages, clear



sodas like ginger ale, orange juice, and other fruit juices without pulp, popsicles without pulp, Jell-O, hard candies, and Italian ices. **You are not allowed** orange juice with pulp, fruit nectars, liquids you cannot see through, milk, cream, and non-dairy creamer. Avoid anything red or purple in color. No alcoholic drinks.

JUDGING YOUR PREP

You can judge the effectiveness of your colonoscopy prep by the color of the fluid expelled from your rectum. A perfect prep results in a clear yellow liquid that resembles urine. The yellow color is from liver bile, which helps digest the fat in your diet. (Your liver doesn't know that you are having a colonoscopy...)

YOU SHOULD CALL THE OFFICE AND SPEAK TO A TRIAGE NURSE AT 412-262-1000 AFTER 8:30 AM ON THE MORNING OF YOUR TEST IF YOU STILL HAVE SOLID OR BROWN STOOLS.

Three Rivers Endoscopy Center

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Special Instruction for Diabetics

We realize our patients with diabetes may be wondering about the safety of a colonoscopy prep. The bottom line is it can be done safely if you follow instructions. Your colonoscopy prep will mean significant changes to what and how much you eat, which can easily cause unpredictability of blood sugar. This will require a temporary adjustment in your diabetic medications. The biggest fear is low blood sugar (hypoglycemia). You should monitor your blood sugar. We don't want you going low. We advise patients with diabetes to tolerate a slightly higher blood sugar for a day or two, which will not cause long-term harm. One day of glucose readings that are slightly higher or "permissive hyperglycemia" is way better than having a hypoglycemic event." Follow the guidelines below. If you have brittle diabetes or your diabetes is difficult to control, discuss the prep adjustments with your endocrinologist or PCP. A February 2023 [review](#) offers some standard recommendations:

- **Metformin/Glucophage:** Stop taking it when the liquid diet begins and resume once you're back to eating regular meals after the procedure.
- **Semiglutide:** (Ozempic/semiglutide, Rybelsus/semuglutide, Wegovy/semiglutide, Zepbound/tirzepatide, Mounjaro/tirzepatide). IF daily capsule, stop 24 hours before the exam; IF weekly injection, stop 1 week before the exam. Resume afterward at normal dose.
- **Other GLP-1 receptor agonists:** (Trulicity/dulaglutide, Byetta/exenatide Victoza/liraglutide): Stop taking when the liquid diet begins and resume once you're back to eating everyday meals after the procedure. If your regular weekly injection is scheduled during your colonoscopy prep period, hold off until you're back to eating normally.
- **DPP-4 inhibitors:** (Januvia/sitagliptin, Tradjenta/linagliptin, and Onglyza/saxagliptin): Stop the morning of the procedure and resume that evening.
- **SGLT-2 inhibitors:** (Jardiance/empagliflozin, Farxiga/dapagliflozin, Brenzavvy/bexagliflozin, and Invokana/canagliflozin): Stop taking three days before the procedure and resume once you're back to eating normal meals *and* are adequately hydrated.
- **Sulfonylureas:** (Glucotrol/Glipizide) Stop taking the day before the procedure and resume once you're back to regular meals.

Insulin, the diabetes drug with the highest risk of hypoglycemia and an absolute necessity for people with type 1, requires special attention. Please speak to your endocrinologist or PCP because the following are only starting points:

- **Rapid insulin:** People who use an insulin-to-carb ratio to determine how much rapid insulin to use for meals can continue to follow their normal dosing strategy. Those who use fixed doses for each meal must substantially cut their usual dose during the clear liquid prep phase.
- **Basal insulin:** Beginning the day before the procedure, patients will be asked to cut their basal insulin dose by 20 to 50 percent, depending on the insulin they use and the type of diabetes they experience.

COLONOSCOPY PREP CHECKLIST — SUTAB

What You Need

SUTAB Bowel Prep Kit (2 bottles, 12 tablets each)
Zofran (ondansetron) 4 mg tablets (if prescribed)
Simethicone tablets (take morning of exam)
[Optional] 2 bottles of Ensure or Boost
Soft toilet paper, baby wipes, zinc oxide cream
Milk of Magnesia

3 DAYS BEFORE

Arrange a driver who will stay during your visit (about 2 hours)
Eat light meals; avoid raw veggies, corn, seeds, tomato skins, kiwi, and cucumbers
Stop fiber supplements and iron-containing vitamins

2 DAYS BEFORE

Eat normally but don't overeat
Take 4 Tbsp Milk of Magnesia + 4 glasses of water after dinner

1 DAY BEFORE ("PREP DAY")

7 AM – No solid food. Drink 1 bottle of Ensure/Boost if desired

Stay on clear liquids every 2 hours while awake

NOON – Optional: second Ensure/Boost

4 PM – Stop nutrition drinks. Continue only clear liquids

6 PM – Begin Dose 1 (SUTAB tablets)

Take Zofran (if prescribed), wait 15 mins

Swallow 1 tablet every 1–2 minutes (12 total) with sips of 16 oz water over 20 mins

Then drink 16 oz water over 30 mins

Then drink another 16 oz water over 30 mins

DAY OF EXAM

Do NOT eat breakfast

6½ HOURS BEFORE arrival – Begin Dose 2

Take 2nd Zofran (if prescribed), wait 15 mins

Swallow 12 tablets (1 every 1–2 minutes) with sips of 16 oz water

Then drink 16 oz water over 30 mins

Then drink another 16 oz water over 30 mins

Take 2 simethicone tablets with the final drink

After that: NOTHING BY MOUTH for 4 hours before your exam — not even water, gum, or candy

Take essential meds (e.g., blood pressure) with a small sip of water

Bring any asthma inhalers

Wear comfortable clothes. No jewelry. Bring ID, insurance card, and payment (if applicable)

Arrive on time with your driver