



## Kumar Desai, MD

Gastroenterology & Hepatology  
& Advanced Therapeutic Endoscopy

Please arrive at the following location at \_\_\_\_\_ on \_\_\_\_\_

COVID-19 Testing Date \_\_\_\_\_ in our office between 9:00am -11:00am

**Los Robles Regional Medical Center**

215 W. Janss Rd.  
Thousand Oaks, CA 91360  
Phone: (844) 761-2744

<http://www.losrobleshospital.com>

**\*\*Please preregister at least 3 days prior on the website or by calling the number provided**

**Los Robles Surgi Center**

2190 Lynn Road Suite 100  
Thousand Oaks, CA 91360  
Phone: (805) 497-3737

<http://www.losroblessurgicenter.com>

**\*\*Please preregister at least 3 days prior on the website or by calling the number provided**

### **SUTAB PREPARATION:**

1. Stop Ibuprofen, Aspirin, Fish Oil, Coumadin (ALL prescription blood thinners), Iron supplements and Plavix for **5 days** before your procedure
2. Dinner before day of clear liquids: **Avoid nuts, hi fiber foods two days before procedure**
3. **Clear liquid diet for the day prior to your procedure.** See attached liquid diet instructions.
4. SUTAB Prep Instructions:  
Please see attached

**\*\*\*Please take any ONLY hypertension medications the morning of, 2 hours before your procedure, with a SMALL sip of water. If taking insulin, please follow instructions as per your in office appointment.**

\***Clear liquids** – Anything that is clear in consistency. Juices such as apple, white grape, white cranberry or Gatorade will suffice. Avoid thick and pulpy juices. Bouillon or clear broth is okay. Gelatin without fruit is okay. Avoid red or purple coloring. One soda, coffee or tea is okay. No dairy products. Avoid alcoholic beverages.

\*The day before clear liquids, your dinner should avoid nuts and high fiber foods, for these are hard to clean out the next day.

\* If you feel nauseated while drinking the prep please wait 10 minutes and resume drinking.

\* Please bring your **driver's license, insurance cards and medication list** to the Surgery center.

\*Please bring someone to drive you home.

\*Should you drink more than a sip of water with your medications there is a possibility your procedure may be canceled. **NO LIQUIDS 3 HOURS PRIOR TO YOUR PROCEDURE.**

\*We would like to provide you with the most complete exam possible. Unfortunately, not all preps have the same effect on everyone. Therefore, the above instruction is not a guarantee that you will be properly prepared for your colonoscopy. There is a small possibility that you will need to be rescheduled at a later date with additional instructions if your prep is inadequate.

\*If you have any questions please call our offices at (805) 449-4278.

227 W. Janss Road, Suite 315 | Thousand Oaks, CA 91360

Phone: 805-449-4278 | Fax: 805-449-4277 | [www.drdesaigi.com](http://www.drdesaigi.com)

Your procedure will be performed by Doctor: \_\_\_\_\_

Address: \_\_\_\_\_

Date of procedure: \_\_\_\_\_ Arrive at: \_\_\_\_\_ AM/PM

Comments: \_\_\_\_\_

# SUTAB<sup>®</sup>

(sodium sulfate, magnesium sulfate, and potassium chloride)  
Tablets

1.47g  $\mu$ 0.226  $\mu$ 0.160  $\mu$



## 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.

To learn more about this product, call 1-800-874-6756.

## 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 (5 to 8 hours prior to the colonoscopy and no sooner than 4 hours from starting Dose 1), 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 2 hours before colonoscopy.

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

Provided as an educational service from 

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