

Dr. Frederick Shieh, Livingston

SUTAB Colonoscopy Preparation Instructions

BEFORE YOUR PROCEDURE

8 Days Before

- Stop GLP-1 medications (Ozempic, Wegovy, Mounjaro, Zepbound, Rybelsus).
- Contact your prescribing provider for instructions if needed.

5 Days Before

- Stop iron supplements.

3 Days Before

- Start a low-fiber diet.
- Avoid nuts, seeds, popcorn, and leafy green vegetables.

Blood Thinners

- Follow your doctor's instructions regarding blood thinners.

Aspirin

- Continue aspirin unless instructed otherwise.

DAY BEFORE YOUR PROCEDURE

Breakfast (Before Noon)

You may have a light, low-fiber breakfast before noon:

- Eggs
- White bread or toast
- Plain bagel
- Plain yogurt
- Coffee or tea (no cream)

After 12:00 PM

Clear liquids only until your procedure.

Allowed:

- Water
- Clear broth
- Gatorade or electrolyte drinks (not red or purple)
- Apple juice or white grape juice
- Black coffee
- Plain tea
- Yellow or orange Jell-O
- Popsicles (not red or purple)

Avoid:

- Solid food
- Milk or cream
- Smoothies
- Red or purple liquids
- Juice with pulp

Drink plenty of clear liquids throughout the day.

SUTAB INSTRUCTIONS

You will need:

- One SUTAB prescription kit (24 tablets total)
- Plenty of clear liquids.

Dose 1 – 6:00 PM

1. Open Bottle 1.
2. Fill the provided container with 16 ounces of water.
3. Take all 12 tablets:
 - Swallow 1 tablet every 1–2 minutes.
 - Finish all tablets and the 16 ounces of water within 20 minutes.

One Hour Later

Drink 16 ounces of water over 30 minutes.

Thirty Minutes Later

Drink another 16 ounces of water over 30 minutes.

Dose 2 – 6 Hours Before Your Procedure

1. Open Bottle 2.
2. Fill the provided container with 16 ounces of water.
3. Take all 12 tablets:
 - Swallow 1 tablet every 1–2 minutes.
 - Finish all tablets and the 16 ounces of water within 20 minutes.

One Hour Later

Drink 16 ounces of water over 30 minutes.

Thirty Minutes Later

Drink another 16 ounces of water over 30 minutes.

IMPORTANT

4 Hours Before Procedure

Nothing by mouth.

Do NOT eat or drink anything, including:

- Water
- Coffee
- Tea
- Gum
- Candy

Day of Procedure

You may take approved morning medications with a small sip of water at least 4 hours before your procedure.

Bring:

- Photo ID
- Insurance card
- Medication list
- Name and phone number of your driver

You must have a responsible adult (18+) take you home.

After Your Procedure

- Start with a light meal.
- Resume your normal diet as tolerated.
- Do not drive, operate machinery, or make important decisions until the next day.
- Biopsy results, if taken, are usually available within 2 weeks.