Colonoscopy SUTAB Split-dose Prep Guide

You have been scheduled for a Colonoscopy using SUTAB Prep.

Plan ahead to help reduce your stress. Use these step-by-step instructions for a successful prep so that your doctor can clearly view your colon.

If you have any questions, please contact the Gastroenterology office at the Guthrie Clinic at (570) 887-2852.

Thank you for choosing Guthrie!

Colonoscopy SUTAB Split-dose Prep Guide

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Please note there are different instructions for scheduled appointments in the morning and scheduled appointments in the afternoon.

Health Considerations (review today)

Medications and diagnoses

Please call the Gastroenterology office at the Guthrie Clinic at (570) 887-2852, select option 1 **immediately** if **any** of the following apply to you:

- You use oxygen at home.
- You use CPAP or BIPAP or have been diagnosed with sleep apnea.
- You weigh over 300 lbs. or have a BMI (body mass index) over 45.
- If you are pregnant or think you may be pregnant.
- **If you take pain medications, anti-anxiety medications, psychiatric medications, use medical marijuana, or recreational drugs.**
- **If you need to cancel or reschedule your appointment.**

Patients on blood thinners

If you use Aggrenox, Arixtra, Brilinta, Effient, Eliquis, Plavix, Pletal, Pradaxa, Ticlid, Xarelto, or any blood thinner (anticoagulant) or an anti-platelet drug, most patients need to stop taking these 5 days prior to procedure.

- Please speak with your physician who orders this medication before stopping.

If you use a blood thinner named Coumadin, Warfarin, or Jantoven you will need special instructions about stopping this drug before the procedure. ***The timing of this is very important!***

- If you are followed by the Coumadin Clinic, please contact the Sayre Coumadin Clinic at 570-887-2200 for instructions before stopping, to see if they prefer that you use an alternative anticoagulant.
- If you are NOT followed by the Coumadin Clinic, please contact your physician who orders this for instructions.

Diabetic patients

- If you take a pill to lower your sugar, do not take it on the day of your procedure.
- If you are taking regular Insulin® or NPH, do not take it on the day of your procedure.
- If you are taking any other insulin preparation such as Lantus, Humalog, or 70/30 insulin: It is recommended you take a ½ dose the evening prior to your procedure and no dose the day of your procedure.
- We recommend you have products with and without sugar on hand at home to keep your blood glucose in balance during the preparation period.

Get prepared (1-2 weeks before the procedure)

Supplies to purchase

You will need to fill the prescription for SUTAB. You will also need to purchase generic simethicone (Gas-X) tablets-2 tablets of at least 80 mg strength.

Do not drink any liquids that are red or purple.

Clear Liquid Suggestions:

- Gatorade, Pedialyte, or Powerade
- Coffee or tea without creamer
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Apple juice, white cranberry juice, or white grape juice
- Jell-O, popsicles
- Chicken, beef, or vegetable broth

Sedation requires that patients make transportation arrangements

Please be aware that you will be receiving sedation for your procedure. It will limit what you can do after your procedure until the following day.

ALL ENDOSCOPY PATIENTS MUST HAVE A DESIGNATED DRIVER

Due to sedation medication, it is unlawful to drive until the following day after a procedure and is considered driving under the influence of drugs (DUI), a punishable offense.

It is required that all endoscopy patients have a designated driver (18 years or older) available to drive the patient home after their procedure. You may not take public transportation unless accompanied by someone 18 years of age or older.

Get started (5 days before the procedure)

5 days before your procedure, stop taking:

- **Iron/multivitamins:** Stop iron (such as ferrous sulfate) or vitamins containing iron.
- **Fiber supplements:** Stop fiber supplements such as Metamucil, Citrucel.
- **Blood Thinners:**
  - **If you use Aggrenox, Arixtra, Brilinta, Effient, Eliquis, Plavix, Pletal, Pradaxa, Ticlid, Xarelto, or any blood thinner (anticoagulant) or anti-platelet drug,** most patients need to stop taking these 5 days prior to procedure. **Please speak with your physician who orders this medication before stopping. See page 2.**
  - **If you use a blood thinner named Coumadin, Warfarin, or Jantoven you will need special instructions about stopping this drug before the procedure. See page 2.**
- **Please refrain from eating raw/uncooked fruits and vegetables, nuts, small seeds and popcorn 5 days before your procedure.**

Please note that Aspirin or NSAID'S such as Advil, Ibuprofen, and Aleve do NOT need to be stopped prior to your procedure.

Procedure day reminders (review 5 days prior and day of)

Medication on the day of your procedure

- **Do NOT take blood thinners, see page 2.**
- **Diabetics, see page 2.**
- You may take other medications (including pain medications, anti-anxiety medications, and blood pressure medications) with **a small sip of water**. Take inhaler as prescribed if needed in the morning.

What to bring

- A list of your current medications, your insurance card, and **Photo ID**
- Hearing aids, inhaler, and/or ileostomy or colostomy supplies (as applicable)
- Wear comfortable, loose fitting clothing
- Please leave all valuables at home. Cell phones and tablets are not allowed after you enter the patient care area and must be turned off until after discharge. This is for the privacy of all our patients.

Transportation & Discharge

- You must have a driver 18 years of age or older with a valid driver's license for this procedure.
- You may not take public transportation unless accompanied by someone 18 years of age or older.
- If someone is picking you up, we must be able to contact them by **phone before** your procedure.
- We will **not** continue with your procedure until we confirm with your driver by talking to them.
- You should plan on being at our facility for a minimum **of 2-3 hours** for your appointment. Please plan accordingly, as **delays may occur**.

Colonoscopy SUTAB Prep Guide for Morning Procedures

Follow these instructions if you are scheduled to arrive BEFORE 11:00 AM

SUTAB is a split-dose (2-day) regimen. A total of 24 tablets is required for complete preparation for your 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.

The day before your procedure:

- **Before 8:00 AM:** You may have a light breakfast, such as toast and coffee.
- **After 8:00 AM: You may only have clear liquids.**
- **Starting at 5:00 PM**:
    - **Step 1**: Have 16 ounces of water ready. Take 12 SUTAB tablets. Swallow each tablet with a sip of water and drink the entire amount of water over 15 to 20 minutes.
    - **Step 2**: Approximately 1 hour after the last tablet is ingested, drink 16 ounces of water over 30 minutes.
    - **Step 3**: Approximately 30 minutes after finishing the water in **step 2** drink 16 more ounces of water and drink the entire amount over 30 minutes.
    - **Step 4**: Take one Simethicone tablet after step 3.
- Bloating and nausea are common after the first dose of SUTAB, this is temporary and will improve once bowel movements start. Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30 to 90-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- Stomach cramping and diarrhea are normal from taking the prep.
- After finishing SUTAB, you may only have clear liquids until midnight.
- Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter-remedies, such as hydro-cortisone cream, baby wipes, Vaseline, or TUCKS pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Please do not use suppositories.

On the day of your procedure: Review procedure day reminders, page 4.

- **At 4:00 AM:**
    - **Step 1**: Have 16 ounces of water ready. Take 12 SUTAB tablets. Swallow each tablet with a sip of water and drink the entire amount of water over 15 to 20 minutes.
    - **Step 2**: Approximately 1 hour after the last tablet is ingested, drink 16 ounces of water over 30 minutes.
    - **Step 3**: Approximately 30 minutes after finishing the water in **step 2** drink 16 more ounces of water and drink the entire amount over 30 minutes.
    - **Step 4**: Take one Simethicone tablet after step 3.
- **Do NOT take blood thinners the day of your procedure. See page 2.**
- **You may take your medications with a small sip of water.**
- **You may brush your teeth.**

Colonoscopy SUTAB Prep Guide for Afternoon Procedures

Follow these instructions if you are scheduled to arrive AFTER 11:00 AM

The day before your procedure:

- **Before 8:00 AM:** You may have a light breakfast, such as toast and coffee.
- **After 8:00 AM: You may only have clear liquids.**
- **At 5:00 PM**:
    - **Step 1**: Have 16 ounces of water ready. Take 12 SUTAB tablets. Swallow each tablet with a sip of water and drink the entire amount of water over 15 to 20 minutes.
    - **Step 2**: Approximately 1 hour after the last tablet is ingested, drink 16 ounces of water over 30 minutes.
    - **Step 3**: Approximately 30 minutes after finishing the water in **step 2** drink 16 more ounces of water and drink the entire amount over 30 minutes.
    - **Step 4**: Take one Simethicone tablet after step 3.
- **You may continue to drink clear liquids until midnight.**
- Bloating and nausea are common after the first dose of SUPREP; this is temporary and will improve once bowel movements start. Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30 to 90-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- Stomach cramping and diarrhea are normal from taking the prep.
- Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter-remedies, such as hydrocortisone cream, baby wipes, Vaseline, or TUCKS pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Please do not use suppositories.

On the day of your procedure:

- **Review procedure day reminders, page 4**
- **At 6:00 AM:**
    - **Step 1**: Have 16 ounces of water ready. Take 12 SUTAB tablets. Swallow each tablet with a sip of water and drink the entire amount of water over 15 to 20 minutes.
    - **Step 2**: Approximately 1 hour after the last tablet is ingested, drink 16 ounces of water over 30 minutes.
    - **Step 3**: Approximately 30 minutes after finishing the water in **step 2** drink 16 more ounces of water and drink the entire amount over 30 minutes.
    - **Step 4**: Take one Simethicone tablet after step 3.

- **Do not take blood thinners the day of your procedure. See page 2.**
- **You may take your medications with a small sip of water.**
- **You may brush your teeth.**

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Insurance Information for Colonoscopy Patients

Under the Affordable Care Act, several preventive services such as colonoscopies are covered at no cost to the patient. Guidelines are now available about which colonoscopies are defined as a preventive service (screening).

Guthrie has created this document to sort through some of the confusion. Here is what you need to know about colonoscopies that are considered preventative:

Colonoscopy Categories

Preventive Colonoscopy Screening (CPT® 45378, G0121)
Patient is asymptomatic (no gastrointestinal symptoms either past or present); is 50 years of age or over; has no personal or family history of gastrointestinal disease, colon polyps and/or cancer. The patient has not undergone a colonoscopy within the last 10 years.

Diagnostic/therapeutic colonoscopy (CPT® 45378)
Patient has gastrointestinal symptoms such as change in bowel habits, diarrhea, constipation, rectal bleeding or gastrointestinal disease.

Surveillance/ High Risk Screening Colonoscopy (CPT® 45378, G0105)
Patient is asymptomatic (no gastrointestinal symptoms either past or present); has a personal history of gastrointestinal disease, colon polyps and/or cancer. Patients in this category may undergo colonoscopy surveillance at shortened intervals (e.g. every 2-5 years).

If a screening colonoscopy results in the biopsy or removal of a lesion or growth during the procedure, the procedure is then considered diagnostic and you may have to pay a coinsurance or copayment.

We recommend that our patients contact their insurance carrier to verify colonoscopy coverage. Your insurance plan may not consider surveillance colonoscopies as a screening benefit. The correct coding of a procedure is driven by your medical history and the physician's documentation. It is not appropriate to change coding to enhance insurance benefit coverage.

Thank you for choosing Guthrie for your healthcare needs. While you are here, our team will do our best to make your visit a comfortable one. At Guthrie, we strive to make the patient and visitor experience as stress-free and comfortable as possible.

Learn more about preparing for a hospital stay, billing and financial services, and support programs by visiting Guthrie.org.