

# HUDSON PHYSICIANS

## Prepping for your colonoscopy:

Please follow a low fiber diet starting three days prior to your colonoscopy. For example, if your colonoscopy is on a Monday, you would eat a low fiber diet on Friday and Saturday. Your clear liquid diet would start the day before your colonoscopy. See attached recommendations for a list of foods you can and cannot eat.

Please follow this low fiber diet and do not eat anything after starting the bowel prep. Eat what is permitted unless otherwise directed by your doctor.

### What You **CAN** Do

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)

### 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.

#### Day 1, Dose 1 - On the Evening Prior to Colonoscopy

**You are encouraged to hydrate adequately before, during, and after taking SUTAB**

Swallow the 12 tablets with the first 16 ounces of water

The day before your colonoscopy, open the first bottle of 12 tablets and take SUTAB as described below.

**STEP 1** Open 1 bottle of 12 tablets. **Remove and discard the desiccant.** Remove and discard the desiccant from the second bottle and close the bottle. Use the second bottle for the second dose on the morning of the colonoscopy.

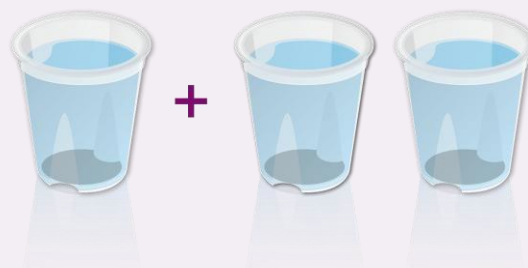


**STEP 2** Fill the provided container with 16 ounces of water (up to the fill line).

**Swallow 1 tablet every 1 to 2 minutes. You should finish the 12 tablets and the entire 16 ounces of water within 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 the additional two 16 ounces of 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.

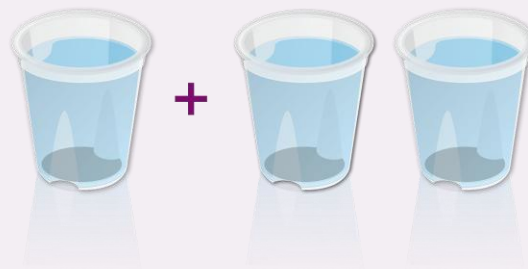
Day 2, Dose 2 - The Morning of the Colonoscopy (5 to 8 hours prior to the colonoscopy and no sooner than 4 hours from starting Dose 1)

Swallow the other 12 tablets with another 16 ounces of water

- Continue to consume only clear liquids until after the colonoscopy.
- Repeat Step 2 to Step 4 from Day 1, Dose 1.
- 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.
- Complete taking all SUTAB tablets and water at least two hours prior to colonoscopy.



Tablets not shown actual size.



Important Reminder:

- 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.
- Incidents of patients ingesting the desiccant contained in the bottles have been reported, be sure to discard both of the desiccants as instructed.
- 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.

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

### **IMPORTANT SAFETY INFORMATION**

#### **INDICATION**

SUTAB® (sodium sulfate, magnesium sulfate, potassium chloride) tablets for oral use is an osmotic laxative indicated for cleansing of the colon in preparation for colonoscopy in adults.

#### **CONTRAINDICATIONS**

Use is contraindicated in the following conditions: gastrointestinal obstruction or ileus, bowel perforation, toxic colitis or toxic megacolon, gastric retention, hypersensitivity to any ingredient in SUTAB.

#### **DOSAGE AND ADMINISTRATION**

A low residue breakfast may be consumed. After breakfast, only clear liquids may be consumed until after the colonoscopy. Administration of two doses of SUTAB (24 tablets) are required for a complete preparation for colonoscopy. Twelve (12) tablets are equivalent to one dose. Each SUTAB bottle contains a desiccant. **Remove and discard the desiccant** from both bottles the evening prior to the colonoscopy. Water must be consumed with each dose of SUTAB and additional water must be consumed after each dose. Complete all SUTAB tablets and required water at least 2 hours before colonoscopy.

## **WARNINGS AND PRECAUTIONS**

Risk of fluid and electrolyte abnormalities: Encourage adequate hydration, assess concurrent medications and consider laboratory assessments prior to and after each use; Cardiac arrhythmias: Consider pre-dose and post-colonoscopy ECGs in patients at increased risk; Seizures: Use caution in patients with a history of seizures and patients at increased risk of seizures, including medications that lower the seizure threshold; Patients with renal impairment or taking concomitant medications that affect renal function: Use caution, ensure adequate hydration and consider laboratory testing; Colonic mucosal ulcerations: Consider potential for mucosal ulcerations when interpreting colonoscopy findings in patients with known or suspected inflammatory bowel disease. Suspected GI obstruction or perforation: Rule out the diagnosis before administration. Hypersensitivity reactions, including anaphylaxis: Inform patients to seek immediate medical care if symptoms occur. Risk of Gastrointestinal Complications with Ingestion of Desiccant: Postmarketing reports of ingestion of the desiccant along with SUTAB tablets has been reported and may be associated with risk of gastrointestinal complications and/or choking.

## **ADVERSE REACTIONS**

Most common gastrointestinal adverse reactions are: nausea, abdominal distension, vomiting, and upper abdominal pain.

## **DRUG INTERACTIONS**

Drugs that increase risk of fluid and electrolyte imbalance.

Day before colonoscopy: Swallow one tablet every 1-2 minutes until you've swallowed 12 tablets with 16 oz of water. Repeat this step 5-8 hours prior to colonoscopy. Complete taking all of the Sutab tablets at least 2 hrs prior to colonoscopy