Sutab Prep Instructions

Nuvance Health Medical Practice Gastroenterology

**Blood thinners:** Please contact your prescribing physician one week before your procedure to ask how long you can be off your blood thinner medication(s) before your procedure.

**Insulin dependent diabetics:** Please contact your prescribing physician two weeks before your procedure for direction on insulin dosing for the procedure.

If you’re on certain medications called GLP-1 agonists, you will follow the below instructions for your procedure. GLP-1 agonists include:

- Dulaglutide (Trulicity)
- Exenatide extended release (Bydureon bcise)
- Exenatide (Byetta)
- Semaglutide (Ozempic, Rybelsus, Wegovy)
- Liraglutide (Victoza, Saxenda)
- Tirzepatide (Mounjaro, Zepbound)

**GLP-1 Agonists:** (If applicable) Patients taking GLP-1 agonists daily – Hold on the day of the procedure. Patients taking GLP-1 agonists weekly – Hold for 1 week prior to the procedure.

Please follow a low-residue diet for 3 days prior to your procedure. Please avoid raw fruits and vegetables, as well as whole grains, nuts, and seeds. (See attached instructions for diet guidelines.)
Day before the procedure:

- **Drink clear liquids ONLY.** (The more you drink, the better the prep will be) **NO FOOD**
  - **Examples of clear liquids:** Powerade, Gatorade, bouillon, broth, consommé, black tea, black coffee, apple juice, white grape juice, white cranberry juice, Crystal Light, water, Italian ice, popsicles, sorbet or jello.
  - **Nothing red or purple. No milk or cream.**

Beginning at 6 pm:

- **STEP 1:** Open one (1) bottle with 12 tablets. Fill the provided container with 16 oz. of water. Swallow each tablet with a sip of water and drink the entire amount of water over 15-20 minutes.
- **STEP 2:** One (1) hour after the last pill is taken, fill the provided container again with 16 oz. of water and drink the entire amount over 30 minutes.
- **STEP 3:** Thirty (30) minutes after finishing the second container of water, fill the container with 16 oz. of water and drink the entire amount over 30 minutes.

Day of procedure:

Beginning 6 hours before the procedure:

- **STEP 1:** Open one (1) bottle with 12 tablets. Fill the provided container with 16 oz. of water. Swallow each tablet with a sip of water and drink the entire amount of water over 15-20 minutes.
- **STEP 2:** One (1) hour after the last pill is taken, fill the provided container again with 16 oz. of water and drink the entire amount over 30 minutes.
- **STEP 3:** Thirty (30) minutes after finishing the second container of water, fill the container with 16 oz. of water and drink the entire amount over 30 minutes.
- **DO NOT** take diabetic pills or diuretics the morning of the procedure.
- Nothing by mouth 2 hours before arrival.

You will need a responsible driver (18 years of age or older) to drive you home. **No UBER or LYFT. You will not be allowed to drive yourself home.**

Expect to be here for 90 minutes to 2 hours.
Connecticut

- **Duracell Center for Ambulatory Surgery at Danbury Hospital**
  24 Hospital Avenue, 4th Floor Strook, Danbury, CT

- **Frank J. Kelly Medical Arts Center**
  111 Osborne Street, 2nd Floor, Danbury, CT

- **Danbury Surgical Center**
  73 Sandpit Road, Danbury CT

- **New Milford Hospital**
  21 Elm St. 2nd Floor, New Milford, CT

- **Norwalk Surgical Center**
  40 Cross Street, Unit 120, Norwalk, CT

- **Norwalk Gastroenterology**
  30 Stevens St, Medical Office Building Suite B & E, Norwalk, CT

New York

- **Putnam Hospital**
  670 Stoneleigh Avenue, Carmel, NY (845) 876-3003

- **Fishkill Asc.**
  200 Westage Business Center Drive, Bldg C, 3rd floor, Suite 330 Fishkill, NY 12524 (845) 876-3003

- **Vassar Brother’s Medical Center**
  45 Reade Place Poughkeepsie, NY 12601 (845) 876-3003

- **Northern Duchess Hospital**
  6511 Springbrook Avenue Rhinebeck, NY 12572 (845) 876-3003