

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.
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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.

Nuvance Health Medical Practice Gastroenterology Locations

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