

Sutab Bowel Preparation

General Instructions	
2 Weeks Before the Procedure	
Foods	No change
Liquids	Drink plenty of water
Medications	Hold - GLP1 Agonist Medication: • Dulaglutide (Trulicity) • Exenatide (Byetta) • Exenatide Extended Release (Bydureon BCise) • Liraglutide (Victoza) • Lixisenatide (Adlyxin) • Semaglutide (Ozempic, Wegovy, Rybelsus) • Tirzepatide (Mounjaro)



1 Week Before the Procedure	
Foods	No Nuts or Seeds - berries, cashews, corn nuts, peanuts, pecans, popcorn, walnuts Low Fiber Diet • Foods - white bread, cheese, eggs, yogurt • Soups - clear vegetable, chicken or beef broth • Vegetables - cooked without skin like mashed potatoes • Fruits - pureed fruits without skin like applesauce
Liquids	Drink plenty of water
Medications	• Take as usual unless otherwise instructed • Hold - Anti-Diarrheal Medication - Imodium, Kaopectate, Pepto-Bismol • Hold - Iron Tablets • Hold - Multivitamins • Pharmacy ○ Fill or buy preparation medication ○ Pick up 3 days before your procedure



1 Day Before the Procedure	
Foods	• Clear Liquid Diet • Soups - clear vegetable, chicken or beef broth • Juices - clear only without pulp
Liquids	• Drink plenty of water • No alcohol • No red or purple colored drinks
Medications	• Hold - Oral Diabetes Medication • Insulin - Take ½ the dose the entire day • Blood Pressure Medication - The pre-anesthesia team (PAT) will instruct you on how to take your blood pressure medications. • All other medications - continue as normal
Procedure Day	
Foods	No food or liquids the day of the procedure



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Medication Instructions	
Attention	
Expected Symptoms Do not stop the bowel preparation	• Abdominal Pain • Bloating • Cramps • Diarrhea • Gas • Nausea
First Dosage → 10pm – 12am	
Step 1 10pm – 11pm	Drink 12 tablets & 16 ounces of water
Step 2 11pm – 11:30pm	Drink 16 ounces of water
Step 3 11:30pm – 12am	Drink 16 ounces of water

Cypress Office : 27700 Highway, 290 Suite, 580 Cypress, TX 77433
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Second Dosage → 4am – 6am	
Step 1 4am – 5am	Drink 12 tablets & 16 ounces of water
Step 2 5am – 5:30am	Drink 16 ounces of water
Step 3 5:30am – 6am	Drink 16 ounces of water
12am	
Foods	No food or liquids after midnight except prep solution

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