

Instructions for Colonoscopy

2-Day SUTAB Prep — Please Read Carefully

REPORT TO

Spalding Triangle Surgery Center • 120 S Spalding Dr. #120, Beverly Hills, CA 90210

Date: _____

Arrival Time: _____

About Your Colonoscopy

A colonoscopy is an exam of your colon (large intestine), performed by a gastroenterologist (a GI specialist) using a colonoscope — a flexible tube with a camera at the end. The images appear on a video monitor in real time.

During your procedure, your gastroenterologist can:

- Perform a biopsy (take a small tissue sample from the colon)
- Remove polyps (growths of tissue in the colon)
- Take photos of the inside of your colon

You will be given sedation (medication through an IV) for the procedure, so you'll be relaxed and comfortable and won't be awake or feel anything during the exam.

Dr. Sikavi has prescribed an extended, 2-day bowel prep for you rather than the standard SUTAB prep — this gives your colon two full cleansing cycles instead of one, which meaningfully improves the chances of an adequate prep. This means **you will need two full SUTAB kits** (4 bottles of 12 tablets each, 48 tablets total) — please confirm you have both before you begin. Please follow the instructions below carefully, and don't hesitate to contact our office with any questions.

7 Days Before Your Procedure

- **If you take a GLP-1 medication** (Ozempic, Wegovy, Mounjaro, Zepbound, Trulicity, Victoza, or similar), stop it at least 7 days before your procedure. Contact our office if you have questions about adjusting your dosing schedule around your procedure.

5 Days Before Your Procedure

- **Stop NSAID medications** (ibuprofen, regular-strength aspirin, Aleve, Excedrin, Naprosyn, Celebrex, Motrin). Acetaminophen/Tylenol is fine to continue, and a “baby aspirin” (81 mg) is okay to continue as well.
- **Stop iron supplements.**
- **Blood thinners:** if you take an anticoagulant (Plavix, Coumadin, Eliquis, Xarelto, or similar), let us know so we can discuss whether it should be paused before the procedure.
- **Stop all nuts, seeds, and corn.**
- **If you take insulin or other diabetes medication**, please contact our office beforehand to discuss adjusting your dose — fasting and the bowel prep can affect your blood sugar.

Bowel Preparation Instructions — 2-Day Prep

Each “full set” below uses one entire SUTAB kit (both bottles, 24 tablets), taken as two doses — an evening dose and a next-morning dose — the same evening/morning pattern as the standard SUTAB prep, just done twice. You may eat a regular diet during the day, 2 days before your procedure — once you begin your first dose that evening, switch to clear liquids only and stay on a clear liquid diet for the remainder of the prep, including all of the day before your procedure (water, clear broth, black coffee or tea, apple or white grape juice, clear soda, and plain gelatin or popsicles are all fine — see our supplementary clear liquid list for the full guide). **Avoid red and purple liquids** — these can be mistaken for blood during the exam.

2 Days Before Your Procedure

First Full Set — Evening Dose

- **Regular diet during the day** — no need to restrict solid food until your evening dose begins.
- **Around 5:00–6:00 PM:** open one bottle of 12 tablets from your first SUTAB kit and fill the provided container to the 16 oz line. Swallow each tablet with a sip of water, and drink the entire 16 oz of water over 15–20 minutes.
- About 1 hour after your last tablet, fill the container with another 16 oz of water and drink it over 30 minutes — then repeat once more about 30 minutes later, for a third 16 oz container.
- **Switch to clear liquids only** once you begin this dose, and continue clear liquids for the rest of the night.
- **If you develop repeated vomiting and can't keep the tablets down, or have severe abdominal pain,** stop and call our office right away.

The Day Before Your Procedure

Completing Set 1, Then Starting Set 2

- **Clear liquid diet all day** — no solid food.
- **Morning, around 7:00–8:00 AM:** open the second bottle from your first SUTAB kit (12 tablets) — this completes your first full set. Fill the container to the 16 oz line, swallow each tablet with a sip of water, and drink the 16 oz over 15–20 minutes. About 1 hour later, drink another 16 oz of water over 30 minutes, then a third 16 oz about 30 minutes after that.
- **Evening, around 5:00–6:00 PM:** open the first bottle from your second SUTAB kit (12 tablets) — this begins your second full set. Follow the same pattern: 16 oz with the tablets over 15–20 minutes, then two more 16 oz containers of water spaced 30 minutes apart.
- Continue clear liquids only through the rest of the night.
- **If you develop repeated vomiting and can't keep the tablets down, or have severe abdominal pain,** stop and call our office right away.

Day of Your Procedure

Second Bottle of Set 2 — Final Dose

- Do not eat any solid food. Clear liquids continue overnight and into the morning, up until the cutoff below.
- **Five to six hours before** your scheduled procedure time, open the second bottle from your second SUTAB kit (12 tablets) — this is your final dose. Fill the container to the 16 oz line, swallow each tablet with a sip of water, and drink the 16 oz over 15–20 minutes, then drink an additional 32 oz of water.
- **Stop drinking anything 3 hours before** your scheduled procedure time, to avoid delays or cancellation.
- Blood pressure and heart medications may be taken the morning of the procedure with small sips of water.
- Plan to arrive at Spalding Triangle Surgery Center 1 hour before your procedure.

After the Procedure

- You'll remain in the recovery area for about 30–45 minutes after the procedure.
- Dr. Sikavi will discuss the preliminary findings with you, along with any further instructions or recommendations.
- Any biopsies taken will be reviewed by a pathologist, with results relayed by Dr. Sikavi — please allow about 1 week.
- If you have any concerns or questions at all after the procedure, don't hesitate to contact our office.

Because you'll be receiving sedation, you must have an adult escort take you home afterward — someone capable of walking you to your front door; a taxi or rideshare driver alone does not meet this requirement. Please confirm your escort is arranged before arrival, as procedures may need to be canceled otherwise.

This form supports your personalized prep plan and isn't a substitute for individualized medical advice. Contact our office with any questions before your procedure.