

SUTAB PREP INSTRUCTIONS

DATE:

ARRIVAL TIME:

You will report for your procedure in the Central Massachusetts Ambulatory Endoscopy Center (located in the middle office of the Center for Digestive Wellness building).

- Starting 3 Days Prior to Procedure: Avoid eating nuts, popcorn, seeds, fruits, veggies, and leafy greens. You may otherwise continue your normal diet up until:
- 1 Day Prior to Procedure (before 11AM):
 - You may have only 2 cups (total) of the following: Mashed potatoes, scrambled eggs, buttered pasta, or crackers.

You will then need to begin a clear liquid diet for the remainder of the day prior to the procedure (preparation day).

Examples:

Any kind of strained broth, water, flavored water, any kind of soda, Gatorade/sports drinks, fruit juices (without pulp), black coffee and tea, jello, popsicles. If you can see through it, it is a clear liquid.

You will need: Sutab (Prescription medication from your pharmacy. Please remember to bring your Sutab cost savings voucher with you (see instructions on page 2).

*Instructions – 1 Day Prior to Procedure Date (Preparation Day):

Begin a clear liquid diet in the morning.

****If you become nauseous during the prep, please slow the rate you are taking the prep. Remember to take 1 tablet at a time. ****

Dose 1: At 6PM

1. Open 1 bottle of 12 tablets.
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.
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.
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.

*Instructions – Day of Procedure (DO NOT chew gum or hard candy. DO NOT smoke or vape.):

Continue the clear liquid diet.

Dose 2: 8 hours prior to your arrival time.

1. Repeat steps 1 through 4 from Dose 1.
 2. You can remain on clear liquids up until 4 hours prior to your procedure. **YOU MAY HAVE NOTHING BY MOUTH WITHIN THESE 4 HOURS, INCLUDING WATER.**
- You may take your medications (or bring them with you) **EXCEPT** oral diabetic medications - and take only half (1/2) of your scheduled insulin dosage.
 - **Oral medications may be taken with a sip of water, unless otherwise specified by the doctor.**
 - If taking Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyxin, Ozempic, Rybelsus, Mounjaro, or Wegovy, **stop 1 day before the surgery if taking daily** or, **if taking weekly, hold the week prior to surgery.**

Copay Savings Voucher Information: Go to sutab.com/savings or call 1-844-926-4140. You will pay \$40-\$50 out-of-pocket, depending on your insurance. If the pharmacy calls you, let them know you will have the coupon information when you pick up the medication; no prior-authorization request will need to be done with your insurance. If you have any questions regarding the coupon, call the # above.

Arrival Instructions

Report to: Central Mass. Ambulatory Endoscopy Center in the middle of the Center for Digestive Center building (middle door with a black floormat and a sign stating "PROCEDURES ONLY").
Phone #: 978-840-6767

THINGS TO BRING WITH YOU ON THE DAY OF YOUR PROCEDURE

PHOTO ID (EXAMPLE: DRIVER'S LICENSE, PASSPORT)

INSURANCE CARD(S)

MEDICATION LIST

NAME & PHONE NUMBER OF YOUR DRIVER

EMERGENCY CONTACT NAME & PHONE NUMBER

ANY INHALERS YOU USE (IF APPLICABLE)

MASKS ARE OPTIONAL. VACCINATION CARDS ARE NOT REQUIRED.

Driver Instructions

⇒ Drivers cannot wait inside the building.

- You will be contacted at the phone # provided by the patient approximately 2-3 hours after the patient's arrival.
- A recovery nurse will call you about 20 minutes before the patient is ready to be discharged.
- Drive your vehicle up to the overhang on the left side of the building (the BJ's side).
- **Call 978-840-6363 to let the nurse know you arrived.** Remain in your vehicle. The patient will be walked out to the car.

⇒ **You will not be permitted to drive yourself home.** You may use these transport companies if traveling alone: The Butler Did It/Destination Express (978-407-5913) or Flow Transportation Services (978-602-5606). You can only take a cab/Uber/Lyft, MART, or medical transport (paid for by your insurance) if you are accompanied by a family member.

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