

## **Sutab PM** (scheduled after 10AM) - **Colonoscopy Preparation Instructions**

**Appointment Date: Check In Time: Procedure Performed by:**

### **You will need:**

- Your Sutab bowel prep. Please pick up ahead of time. This prescription was sent to your pharmacy when your procedure was scheduled.

**Special Medication and Diabetic Directions: See separate instructions.**

### **One week before**

- Stop taking iron pills, vitamins or herbal supplements in the pill form.
- Take your usual prescription medication during prep unless told not to.
- Aspirin, Ibuprofen and Tylenol are OK if needed.
- Avoid foods with seeds (flax seeds, popcorn, nuts and berries). They clog the colonoscope.

### **Two days before**

**Stop taking fiber supplements: Metamucil, Citrucel, etc.**

### **1 Day before your colonoscopy**

**Morning: Begin clear liquid diet** (no solid food - all day).

NO SOLID FOOD. You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon, popsicles, and JELL-O. Avoid the color **red** in all liquids. Avoid alcohol.

**6:00 PM:** Open 1 bottle of Sutab tablets. Fill the container with water to the 16 ounce fill line on the mixing container. Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes. Stay extremely close to your restroom.

**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.

**Approximately 30 minutes** after finishing the second container of water, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

**Day of your colonoscopy** **\*DO NOT EAT OR DRINK WITHIN 2 HOURS OF YOUR PROCEDURE!\***

**Continue clear liquid diet. Take your regular morning medications at least 2 hours before your appointment.**

**5 hours prior to your check in time:** Open 1 bottle of Sutab tablets. Fill the container with water to the 16 ounce fill line on the mixing container. Swallow each tablet with a sip of water and drink the entire amount of water over 15 to 20 minutes. Stay extremely close to your restroom.

**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.

**Approximately 30 minutes** after finishing the second container of water, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

**IMPORTANT:** You must complete all SUTAB tablets and water at least 2 hrs prior to colonoscopy.

**DO NOT put ANYTHING in your mouth the 2 hours before your procedure.**

This includes but is not limited to: bowel prep, medication, hard candy, chewing gum and chewing tobacco.

**No Food. No Drink. 2 hours.**

You also need to arrange for an **adult driver** that is able to walk on their own, help you in and out of a car, drive you home and remain with you for 6 hours.

**If these instructions have not been followed your appointment may be delayed or cancelled.**