

## Sutab Constipation 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.
- **Magnesium Citrate** - One 10oz. bottle (No Red). It is available in the laxative section of your pharmacy.

**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.  
**Begin clear liquid diet.** 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.  
**5:00 pm:** Drink the 10 oz. bottle of Magnesium Citrate (No Red) followed by a full glass of water.

### 1 Day before your colonoscopy

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

**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.

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

### 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

**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.**