



COLONOSCOPY PREP INSTRUCTIONS USING SUTAB

Several days prior to your procedure fill your prescription for SUTAB at your pharmacy. Please follow all instructions carefully to ensure a good prep.

For 3 DAYS PRIOR TO COLONOSCOPY:

Avoid eating corn, seeds, popcorn, nuts & pits.

STOP any IRON supplements & FISH OIL medication.

1 DAY PRIOR TO YOUR PROCEDURE:

You may have a low residue breakfast which includes eggs, white bread, cottage cheese, yogurt.

Beginning at 12 noon the day before your procedure, you may have clear liquids only.

<p><u>'Clear Liquids' Include:</u> Strained Fruit Juices (No pulp) e.g., Apple, White Grape, Lemonade Water Clear Broth or Bouillon Coffee or Tea (No Milk or Non-Dairy Creamer) All the followings that are NOT colored RED or PURPLE: Gatorade or Powerade Carbonated and Non-Carbonated Soft Drinks Kool-Aid or Other Fruit-Flavored Drinks Plain Jell-O, Ice Popsicles</p>	<p><u>NOT Clear liquids:</u> Milk Juice with pulp Alcohol Anything you cannot see through</p>
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***SUTAB IS A SPLIT DOSE REGIMEN. YOU WILL TAKE THE TABLETS IN TWO DOSES. 12 TABLETS FOR EACH DOSE.**

A TOTAL OF 24 TABLETS IS REQUIRED FOR COMPLETE COLONOSCOPY PREPARATION.

DO NOT TAKE ANY OTHER LAXATIVES WHILE TAKING SUBTAB

Dose #1 Night prior to your Colonoscopy.

Step 1 (6:00 pm): Open 1 bottle of 12 tablets. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water. You should finish the 12 tablets and the entire 16 ounces of water within 20 minutes.

**** Important: Take ONE tablet at a time. Swallow 1 tablet every 1-2 minutes ****

Step 2 (7:00pm): Fill the provided container again with 16 ounces of water (up to the fill line), Drink the entire amount over 30 minutes.

Step 3 (7:30 pm): Fill the provided container again with 16 ounces of water (up to the fill line), Drink the entire amount over 30 minutes.

**** Continue to drink clear liquids over the course of the night to stay hydrated.**

****If you experience any nausea, bloating, or cramping, slow the rate of drinking the additional water. ****

Dose #2 Day of the Colonoscopy.

7 hours prior to leaving for your colonoscopy, repeat steps 1-3 from Dose 1.

(For example, if you have to be at the endoscopy center at 9.00 am the second half should be consumed between 2:00 am and 5:00 am). Colonoscopy prep **MUST** be completed 4 hours prior to your procedure.

Nothing to eat or drink for 4 hours before your procedure. This includes hard candy, chewing gum, water, your prep,

etc. Eating or drinking may result in cancellation or delay of your procedure.

TIPS:

You will need to stay near a toilet during your prep, you will have diarrhea.

It is very important to continue to stay hydrated by drinking clear liquids before, during and after your prep.