

# SUTAB

**\*THERE WILL BE 2 BOTTLES OF 12 TABLETS\***

	<b>DAY BEFORE YOUR PROCEDURE</b>	<b>DAY OF YOUR PROCEDURE</b>
<b>DIET</b>	<ul style="list-style-type: none"><li>• <b>NO SOLID FOOD THE ENTIRE DAY</b></li><li>• <b>NO</b> alcohol or recreational drugs</li><li>• Drink clear liquids all day such as water, sports drinks, tea, black coffee (NO MILK OR CREAM), broth, apple or white grape juice, soda, jello, and/or popsicles – <b>NO RED OR PURPLE</b></li><li>• Follow a low fiber diet for 3 days; avoid seeds, nuts, corn, salads, lettuce, etc.</li></ul>	<ul style="list-style-type: none"><li>• May drink <b>CLEAR LIQUIDS</b> up to <u>4 HOURS</u> before your appointment.</li><li>• <b>NO</b> gum, candy, or breath mints within <u>4 hours</u> prior to your appt</li><li>• <b>NO</b> tobacco or nicotine products within <u>4 HOURS</u> prior to your appt</li><li>• Remove contact lenses and all body piercings.</li><li>• Medications may be taken <u>4 hours</u> prior to your procedure</li></ul>

## **STEPS FOR EACH DOSE OF SUTAB BOWEL PREP**

### **1<sup>ST</sup> DOSE:**

1. Open **1st** bottle (12 tablets) of Sutab Bowel Prep.
2. Fill the empty water container with 16 ounces (2 cups) of water, up to the fill line.
3. Swallow 1 tablet with a sip of water every 1 to 2 minutes. Drink all 16 ounces of water. Finish all 12 tablets and all 16 ounces of water within 20 minutes.
4. One hour after you finish step 3, fill the empty water container again with 16 ounces of water. Drink all 16 ounces of water within 30 minutes.
5. Thirty minutes after you finish step 4, fill the empty water container again with 16 ounces of water. Drink all 16 ounces of water within 30 minutes.

### **2<sup>ND</sup> DOSE:**

1. Open **2<sup>nd</sup>** bottle (12 tablets) of Sutab Bowel Prep.
2. Repeat above steps 2-5

## **WHEN TO TAKE EACH DOSE OF SUTAB BOWEL PREP:**

***If your colonoscopy is scheduled at or before 12:00pm:***

**Dose 1:** 3:00pm the day before your procedure

**Dose 2:** 9:00pm the day before your procedure

***If your colonoscopy is scheduled after 12:00pm:***

**Dose 1:** 6:00pm the day before your procedure

**Dose 2:** 6:00am the morning of your procedure

**\*YOU MUST FINISH ALL 48 OUNCES OF WATER AT LEAST 4 HOURS PRIOR TO YOUR COLONOSCOPY\***