

**PM Bowel Preparation with SUTAB**

- **You must be accompanied by a friend or relative to drive and assist you home. We WILL NOT discharge you to a cab, bus, uber or other transportation service without a responsible party with you. You may not drive until the day after your procedure.**

**Special Instructions Regarding Medications**

- If you are on an **anticoagulant/blood thinner** our nurse will contact you with instructions after contacting your prescribing physician. If you have not heard from the nurse 1 week prior to your procedure please contact our office.
- **Do Not take Iron supplements for one week prior** to the procedure date. Multivitamins are OK.
- **Diabetic patients:** \_\_\_\_\_
- **Do Not take Water Pill/Diuretic** (Lasix (furosemide), HCTZ (Hydrochlorothiazide), Dyazide, Diovan HCT, Spironolactone), **on the day of the procedure**
- **Heart/Blood Pressure/Thyroid/Seizure/Anxiety Medications can be taken on the day of the procedure** with a sip of water.
- **Stop Effexor one day before** the procedure (if applicable)
- **Asthmatic patients** should bring their **INHALERS** with them on the day of the procedure

**THE DAY BEFORE YOUR PROCEDURE**

**IMPORTANT NOTE: follow the instructions below, NOT the instructions on the prep’s packaging**

- **You MAY Eat a light breakfast until 11:00 am**  
(ex: scrambled eggs, plain white toast, orange juice. **NO** whole grains, cereals, oatmeal, etc.)
- **YOU MAY NOT HAVE ANY SOLID FOOD AFATER 11:00 am ONLY CLEAR LIQUIDS**
- Take all of your normal prescription medications, **unless advised otherwise.**
- **At 8 pm** – Open 1 bottle of 12 SuTab tablets. Fill provided container with 16 oz of **Water**  
Swallow each tablet with a sip of water and drink the entire amount over 15-20 minutes
- Approximately one (1) hour after the last tablet is ingested, fill the container with 16 oz of Water and drink the Entire amount over 30 minutes.
- Approximately 30 minutes after finishing the second container of water, fill the container again with 16 oz water And drink the entire amount over 30 minutes.

**DAY OF YOUR PROCEDURE**

- **At 6 am** - Open 1 bottle of 12 SuTab tablets. Fill provided container with 16 oz of **Water**  
Swallow each tablet with a sip of water and drink the entire amount over 15-20 minutes
- Approximately one (1) hour after the last tablet is ingested, fill the container with 16 oz of Water and drink the Entire amount over 30 minutes.
- Approximately 30 minutes after finishing the second container of water, fill the container again with 16 oz water And drink the entire amount over 30 minutes.
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**NOTHING BY MOUTH 4 HOURS BEFORE YOUR ARRIVAL TIME**

General or reschedule questions call 610-431-3122