



# THE PREP

## PRIOR TO YOUR PROCEDURE

PLEASE PICK UP YOUR PRESCRIPTION AT YOUR LOCAL PHARMACY

**Please note: Seeds, nuts, and the skins of fruits & vegetables interfere with our scoping equipment.**

**Please avoid eating these foods for 3 days prior to your procedure.**

**Peeled and deseeded fruit and vegetables are safe to eat.**

**Do not take any other laxatives while taking SuTab. Do not use if you have a bowel perforation, obstruction, toxic colitis, megacolon, or have gastric retention.**

If you are DIABETIC, please consult with the physician who regulates your medication so that they make the proper adjustments while you are on a liquid diet the day before your procedure.

## THE DAY PRIOR TO YOUR PROCEDURE

***NO SOLID FOOD IS TO BE EATEN THE DAY BEFORE YOUR PROCEDURE.***

The following clear liquids are acceptable the day prior to your procedure: soup broth, bouillon soup, soda, iced tea, hot tea, black coffee (no milk, cream or non-dairy coffee additives, sugar is ok), water, **non-red or purple** colored juices (i.e. apple, white grape, white cranberry), strained lemonade, **non-red or purple** colored Kool Aid, Gatorade, Crystal Light, popsicles without ice cream, Italian water ice, and Jell-O.

*Medications restriction on this day.*

- *Do not take oral medications within 1 hour of starting each dose of SUTAB.*
- *If taking tetracycline or fluoroquinolone antibiotics, iron, digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before and not less than 6 hours after administration of each dose of SUTAB*

**At 2:00 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 and drink the entire amount over 15 to 20 minutes.

- Approximately one hour after the last tablet is ingested, fill the provided container a second time 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 with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

**At 8:00 PM** Open remaining 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 and drink the entire amount over 15 to 20 minutes.

- Approximately one hour after the last tablet is ingested, fill the provided container a second time 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 with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

Continue drinking fluids until bedtime as this will aid in the overall cleansing of your bowel for colonoscopy.

### **MORNING OF YOUR PROCEDURE**

You may take your heart and /or blood pressure medication with a sip of water if necessary at least 4 hours prior to the procedure.

**DRIVER NEEDED:** If you do not have a driver you will have the option of either having the procedure done without sedation or you may reschedule for another day. Public transportation (cab, public or private transit vehicles, etc) is acceptable after your procedure **only** if you have a responsible adult to accompany you. An adult must remain with you for the remainder of the day.  
You are not permitted to drive until the next morning.

**Reminder: No fluids within 4 hours of your scheduled procedure  
or you may be canceled!**