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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.**

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| **‘Clear Liquids’ Include:**  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 | **NOT Clear liquids:**  Milk  Juice with pulp  Alcohol  Anything you cannot see through |

**\*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. Drink the entire 16 ounces of water within 15-20 minutes after the last tablet is swallowed.

**\*\* Important: Take *ONE* tablet at a time. Wait 1-2 minutes between each pill. \*\***

**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 (8:00 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.**

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

(For example, if you plan to leave for the endoscopy center at 9.00 am the second half should be consumed between 4:00 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.