

Sutab Preparation for Colonoscopy

Sutab is a split-dose (2 day) regimen. A total of 24 tablets is required for complete preparation for colonoscopy. You will take the tablets in two doses of 12 tablets each. Water must be consumed with each dose of Sutab, and additional water must be consumed after each dose.

FOLLOW ALL STEPS COMPLETELY or your doctor may not be able to complete the exam.

1. Fill the enclosed prescriptions at the pharmacy.
2. **5 days before to your colonoscopy** do not eat nuts, seeds, corn and stop any vitamins or supplements.
3. The day before your exam you may have **CLEAR LIQUIDS ONLY**. **DO NOT HAVE ANY FOOD, CREAM OR MILK PRODUCTS.**
4. **Please cease all medicinal and recreational smoked or vaporized cannabis (weed) 12 hours prior to surgery. Ingested cannabis or CBD oil must be stopped 8 hours prior to surgery.**




What's considered a "clear liquid"?

A clear liquid is any beverage you can see through. Please avoid red or purple colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices are permitted.




Fruit juices	popsicle	PowerAde	Pedialyte
Gatorade	7-up, sprite	bouillion	kool-aid
tea, iced tea lemonade	broth (beef, chicken)	jello (no fruit)	water

To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process. You are not permitted to have alcoholic beverages 24 hours before or after the procedure.

DOSE 1 – On the day prior to Colonoscopy

<p>STEP 1: At 6 PM take 1 tablet of the medication prescribed to you to prevent nausea. Open 1 bottle of 12 sutab tablets.</p>	<p>STEP 2: At 6 PM 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 of water over 15 to 20 minutes</p> <div style="text-align: center;">  <p style="font-size: small; margin: 0;">Tablets not shown actual size.</p> </div>
<p>STEP 3: Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.</p> <div style="text-align: center;">  </div>	<p>STEP 4: 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.</p> <div style="text-align: center;">  </div>

DOSE 2 – Day of the Colonoscopy - Continue to consume only clear liquids until after the colonoscopy.

<p>STEP 1: At _____ AM take 1 tablet of the medication prescribed to you to prevent nausea. Open second bottle of 12 sutab tablets</p>	<p>STEP 2: At _____ AM 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 of water over 15 to 20 minutes</p> <div style="text-align: center;">  <p style="font-size: small; margin: 0;">Tablets not shown actual size.</p> </div>
<p>STEP 3: Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.</p> <div style="text-align: center;">  </div>	<p>STEP 4: 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. After the final glass you are to begin fasting, NOTHING BY MOUTH, not even water until after the exam. No smoking, tobacco use, or marijuana before procedure.</p> <div style="text-align: center;">  </div>