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SUTAB PREPARATION FOR COLONOSCOPY

If you have had major medical issues or changes in medication since your last visit here, please make us aware in advance of your Colonoscopy. If you take drugs, such as diabetes medication, diuretics and/or blood thinners, please inform us when scheduling your Colonoscopy.

For 1 WEEK PRIOR to your Colonoscopy:

NO Aspirin, NSAIDS (Ibuprofen, Motrin, Aleve), Fish Oil, Vitamin E or Iron (Tylenol is ok).

For the 4 DAYS PRIOR to your Colonoscopy:

Avoid high fiber foods such as bran, whole wheat, seeds, popcorn, nuts, fresh fruit, fresh vegetables, and fiber supplements, such as Metamucil. You **may** eat cooked, canned or juiced fruits and vegetables.

On the DAY BEFORE your Colonoscopy:

Hydrate well with **clear liquids** (Jell-O, broth, clear fruit juices such as apple or white grape, black coffee or tea, Italian ices or popsicles) throughout the day. Please drink at least **2** quarts of fluid to avoid dehydration. Consume **nothing** red or orange.

You may have eggs, milk, plain ice cream and yogurt until 5pm.

***As close to 5:00 pm as possible, take first dose of the prep, continue to hydrate with clear liquids.**

Step 1: Open 1 bottle of 12 tablets. Fill the container provided with the prep kit with any clear liquid up to fill line. Swallow each tablet with at least a sip of fluid. Take the 12 pills and the container of water within no less than 60 minutes. If you become uncomfortable, take the tablets and fluid slower.

Step 2: Approximately 1 hour after the last tablet is swallowed, drink 16 oz of clear liquid over 30 minutes.

Step 3: Approximately 30 minutes after finishing the 2nd container of clear liquid, drink 16 ounces of clear liquids over 30 minutes. Continue clear liquids throughout the evening.

On the DAY OF the Colonoscopy:

*Take clear liquids the morning of your procedure. **Five hours before your colonoscopy is scheduled, take the second dose of SUTAB.** (Follow steps 1-3 from the instructions listed above). After step 3 you must drink the 32 oz of clear fluid **within 1 hour. Take nothing by mouth for three hours prior to procedure.** It is the second dose that ensures a clean colon.

(*If your colonoscopy is scheduled for early morning, you may take the second dose of the prep at 10pm or later, the night prior to your procedure but no sooner than 4 hours after completing dose 1. Continue clear fluids until 3 hours prior to your procedure, then nothing by mouth).

If your stool is not clear (you cannot see through to the bottom of the toilet bowl) prior to your procedure, please take a fleet enema 30 minutes before leaving the house.

Withhold all medication the morning of your procedure, unless otherwise discussed with your doctor.