

SUTAB TABLET INSTRUCTIONS
PLEASE REVIEW 5 DAYS PRIOR TO YOUR PROCEDURE
FOLLOW THESE INSTRUCTIONS

FACILITY/LOCATION _____ DATE _____ ARRIVAL TIME _____

Facility will confirm your appointment. Arrival time may be adjusted.

5 DAYS PRIOR TO YOUR COLONOSCOPY _____

- **STOP** PLAVIX, COUMADIN, IRON, VITAMIN E, VITAMIN D, FISH OIL, ASPRIN, CO Q10 ETC. UNLESS TOLD OTHERWISE ADVISED BY YOUR PROVIDER.
- **FILL YOUR PERSCRIPTION FOR SUTAB.**

TWO WEEKS PRIOR TO YOUR SCHEDULED PROCEDURE STOP TAKING PRESCRIBED WEIGHT LOSS MEDICATION, OR YOUR PROCEDURE WILL BE CANCELLED

THE DAY BEFORE YOUR COLONOSCOPY _____

- Wake up to a **CLEAR LIQUID DIET**, A list is provided on the back of this sheet.
- **HYDRATION** is a part of your prep! Drink **8oz** CLEAR LIQUIDS every hour throughout the day you start your prep.
- **DO NOT DRINK ANYTHING RED OR PURPLE , NO ALCOHOL, NO DAIRY.**

AT 3 PM START YOUR FIRST SET OF SUTAB (TOTAL OF 12 TABLETS).

- Pour A GLASS of water
- Take all tablets **ONE AT A TIME** within an hour with water.
- **YOU MUST DRINK TWO MORE 16 OUNCES OF WATER OVER THE NEXT HOUR**

At 8 PM TAKE YOUR SECOND SET OF SUTABS (TOTAL OF 12 TABLETS)

- Pour A GLASS of water
- Take all tablets **ONE AT A TIME** within an hour with water.
- **YOU MUST DRINK TWO MORE 16 OUNCES OF WATER OVER THE NEXT HOUR**

AT 10PM Double dose of miralax mixed with 16oz juice or water.

NOTHING TO DRINK 4 HOURS PRIOR TO YOUR COLONOSCOPY

If you vomit or become nauseated and cannot complete the Sutab then take Miralax 34 grams every hour with mixed in 12oz of CLEAR liquid for a total of 5 doses.

EXAMPLES OF CLEAR LIQUIDS NO RED OR PURPLE LIQUIDS

- WATER PLAIN OR FLAVORED
- TEA & COFFEE (**NO CREAMER OR MILK, NO DAIRY**)
- CLEAR CHICKEN BROTH AND CONSOMME
- APPLE JUICE AND WHITE GRAPE JUICE
- LEMONADE AND LIMEADE (**NO PULP**)
- SPRITE, 7-UP, AND GINGERALE
- JELLO AND POPSICLES
- GATORADE, POWERADE, KOOL-AID (**NO RED OR PURPLE COLORING**)
- COCONUT WATER (**NO COCONUT MILK**)

NO SOLID FOODS!

NO MEATS, NO VEGETABLES, NO DAIRY, NO GRAINS AND STARCHES

NO JUICES WITH PULP: ORANGE JUICE, VEGETABLE JUICE, NECTARS ETC.

NO SMOOTHIES

YOU MUST HAVE SOMEONE RESPONSIBLE AND OVER THE AGE 18 TO DRIVE YOU HOME, YOU WILL NOT BE PERMITTED TO HAVE YOUR PROCEDURE WITH ANY TYPE OF ANESTHESIA WITHOUT A RESPONSIBLE RIDE.

IF BIOPIES ARE TAKEN THEN PLEASE ALLOW 10 BUSINESS DAYS TO OBTAIN RESULTS

ARRIVAL TIMES CAN CHANGE ! KEEP THE DAY OF YOUR PROCEDURE OPEN.

FOR QUESTIONS CALL OFFICE at 936-321-5440

NOTHING TO DRINK 4 HOURS PRIOR TO YOUR COLONOSCOPY