



# SuTab Colonoscopy Prep

**Pick up prescription from your pharmacy:  
Do not follow the instructions on the back of your SuTab Box - they are incorrect.**

## COLONOSCOPY:

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_

### Five (5) Days before procedure:

Stop taking anticoagulants or blood thinners such as: Coumadin, Naprosyn, Nuprin, Persantine, Plavix, Relafen, Rufen.

### Day before procedure:

You will need to follow a clear liquid diet throughout the day. Items include: clear juices without pulp, clear soda, chicken or beef broth, popsicles, Jell-O, tea, etc. If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day.

Avoid dark colored liquids, dairy and orange juice products.

12 hours before your procedure: **Day 1 – Dose 1**

- Step 1: Open 1 bottle of 12 tablets
- Step 2: Fill the provided container with 16 oz of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount over 15-20 minutes
  - If you become uncomfortable, take the tablets and water slower
- Step 3: Approximately 1 hour after the last tablet is swallowed, fill the provided container a send time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes
- Step 4: Approximately 3 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.

### Night before the procedure:

8 hours before your colonoscopy start **Day 2 – Dose 2** no sooner than 4 hours after starting Dose 1

- Repeat Step 1 to Step 4 from Day 1 – Dose 1 using the second bottle of tablets
- **Important: You must use all tablets and water at least 2 hours before your colonoscopy**

### Day of procedure:

- No smoking before your procedure.
- No gum or hard candy / mints the day of the procedure.
- Take any currently prescribed heart or blood pressure medications (**DO NOT** take lisinopril) with a sip of water at least 2 hours before your arrival.
- If you are diabetic: To avoid dangerously low blood sugar, **Do Not** take your diabetic medication (pills or insulin) the morning of your procedure. You can resume your diabetes medications after the procedure once you have eaten.
- You may have clear liquids until 7:30 AM **ONLY IF YOUR PROCEDURE IS SCHEDULED AFTER 1:30 PM.**
- Plan on being at the facility for approximately 2 hours.
- A driver must accompany you to drive you home after your procedure. You will be sedated for your colonoscopy and will be drowsy for several hours after the procedure. You may not drive or work for 12 hours after the procedure. **YOU WILL NOT BE ALLOWED TO DRIVE OR TAKE A CAB.**