

SUTAB INSTRUCTIONS

To ensure a successful exam, please follow all instructions carefully.

You **MUST** arrange a ride for the day of your exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled. If you have diabetes, ask your physician for diet and medication instructions. If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor. Please bring a list of all of your current medications, including any over-the-counter medications with you. **If you must cancel or reschedule your appointment, please call your doctor's office as soon as possible.**

2 DAYS BEFORE YOUR COLONOSCOPY:

Patients with Chronic Constipation will need to take 4 tablespoons of Milk of Magnesia at bedtime 2 nights prior to your exam. Drink at least 8 glasses of water during the day and stop eating solid foods after midnight. **Be sure to drink a cup of water before every dose.**

DOSE 1 – ON THE DAY PRIOR TO COLONOSCOPY:

Begin a clear liquid diet. Ensure or Boost may be consumed prior to starting SUTAB. **Between 4:00 and 7:00 pm, STEP 1** - open 1 bottle of 12 tablets. **STEP 2** - Fill the provided container with 16 ounces of water (up to the fill line). **Swallow 1 tablet every 1 to 2 minutes. You should finish the 12 tablets and the entire 16 oz of water within 20minutes.** Drink an additional two 16oz of water. **STEP 3** – Approximately **1hour** after the last capsule 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. **STEP 4** – Approximately **30 minutes** after finishing the second container of water, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes

Clear Liquid:

- Gatorade, Pedialyte or Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices (no pulp)
- Jell-O, popsicles, hard candy

Not Clear Liquid:

- No red or purple items of any kind
- No alcohol
- No milk or non dairy creamers
- No noodles or vegetables in soup
- No juice with pulp
- No liquid you cannot see through

DOSE 2 - DAY OF COLONOSCOPY:

The morning of colonoscopy (4 hours prior to the colonoscopy and no sooner than 4 hours from starting Dose 1), open the second bottle of 12 tablets. Repeat **STEP 1** to **STEP 4** from Dose 1

IMPORTANT – YOU MUST COMPLETE ALL SUTAB TABLETS AND REQUIRED WATER AT LEAST 4 HOURS BEFORE COLONOSCOPY

DO NOT DRINK anything (including water) after completing your prep!

Doing so may result in your procedure being delayed or cancelled!

You are ready for the exam if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.

COLON CLEANSING TIPS

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is Normal.
2. Continue to drink the prep solution as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.
3. Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2-4 hours, and occasionally significantly longer.)