

COLONOSCOPY PREPARATION INSTRUCTIONS

using Sutab®

Obtain the following:

1. Sutab® bowel prep kit

Day PRIOR to the procedure:

1. May have a light early breakfast followed by clear liquids for lunch and dinner.

Clear liquids include:

- Clear fruit juice (no pulp) – Apple, white grape, white cranberry, etc.
 - Chicken broth
 - Coffee without milk or creamer
 - Clear sodas (7up, Sprite, Ginger Ale)
 - Jello (lime or lemon flavors only)
 - Gatorade/Powerade (yellow flavors only)
 - Popsicles without pieces of fruit or pulp (lime or lemon)
2. Between 5:00-7:00PM open the first 12-tablet bottle and discard the desiccant. Fill the provided container with 16 ounces of water (up to the fill line) and swallow 1 tablet every 1 to 2 minutes. You should finish the 12 tablets and the entire 16 ounces of water within 20 minutes.
 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.
 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.



Day of the procedure:

1. Five (5) hours prior to your procedure time, open the second bottle and discard the desiccant. Fill the provided container with 16 ounces of water (up to the fill line) and swallow 1 tablet every 1 to 2 minutes. You should finish the 12 tablets and the entire 16 ounces of water within 20 minutes.

***Example: If your procedure is at 10AM, you start drinking the second dose at 5AM. It is very important to finish drinking the solution. If not, the colon might not be clean enough and the procedure will have to be repeated at a later date.

2. Repeat Steps 2 - 4 from the day prior.

*** Complete taking all SUTAB tablets and water at least two hours prior to colonoscopy.

***Diabetics should skip their oral diabetes medications, and if using insulin, take only half the dose.