

SUTAB BOWEL PREP - How to prepare for your Colonoscopy

NOTE: *If you take any blood thinning medications such as Coumadin, Eliquis, Plavix, Pradaxa, Warfarin, Xarelto; have an artificial heart valve; an allergy to Latex; take Phentermine; or have had issue with this particular prep in the past — please call your physician's office for further instructions.*

PLEASE READ ALL ENCLOSED INFORMATION & FOLLOW INSTRUCTIONS CAREFULLY TO ENSURE A SUCCESSFUL PREP

Detailed step-by-step instructions included on Page 2

**1 day prior
to procedure:**

- **NO SOLID FOODS.** A clear liquid diet is necessary for a colonoscopy, so you must be on a clear liquid diet all day.
- Please continue taking all of your routine medication as normal, with the exception of the medications listed above.
- *If you are DIABETIC, please refer to the Diabetic Medication Instruction sheet.*
- You will need to be home by 6:00pm the night before your procedure to begin prep.

**Day of
your
procedure:**

- **Stop all liquids (nothing by mouth) 4 HOURS prior to procedure**
- If you take daily medication (including blood pressure, seizure & heart medications), take it with small sips of water only, **AT LEAST 4 hours before your procedure**
- You may brush your teeth, but do not swallow
- **Do NOT eat candy / mints, chew gum or chew tobacco**
- **Do NOT smoke cigarettes, marijuana, cigars, pipes, e-cigarettes, or vape**

Bring your ID and a copy of your current insurance card

YOU MUST BE ACCOMPANIED BY AN ADULT FRIEND OR RELATIVE TO DRIVE YOU HOME. YOU MAY NOT DRIVE OR GO HOME BY TAXI/BUS/CAR SERVICE. IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE WILL BE CANCELLED.

ITEMS NEEDED FOR PREP:

APPROVED FOR CLEAR LIQUID DIET:

- SuTab Bowel Prep Kit



DO NOT
follow instructions
on SuTab box
Please follow
instructions we
have provided

- Simethicone tablets (Total of 4 tablets)

Example: GasX or any store brand Gas Relief tablets

Reg. strength (125 mg) or Max. strength (180mg) and any
Flavor/color are acceptable

- Soda, coffee, tea (no dairy/creamer)
- Clear juices (apple, white grape)
- Broth (chicken, beef, vegetable)
- Fitness Waters
- Jell-O
- Popsicles



NO
PURPLE, RED
or **ORANGE**



AVOID:

- Milk / Milk products / Non-dairy creamers
- Juices / Popsicles with Pulp
- Alcohol
- **PURPLE, RED & ORANGE** items

SUTAB BOWEL PREP INSTRUCTIONS

PLEASE REFER TO THE BOX FOR INGREDIENTS AND CONTRAINDICATORS

SUTAB Prep Kit is taken as a split dose (2-day) regimen

BOTH bottles of 12-pills are required for a complete preparation

*Take the first bottle of SUTAB tablets (12) the evening before your colonoscopy at **6:00pm***

*Take the second bottle of SUTAB tablets (12) exactly **SIX hours** prior to your colonoscopy*

It is important to drink the additional water as recommended in the Instructions for Use

At 6:00pm the night before your procedure:

Step #1 Fill provided container with 16 oz. of water & open one bottle of SUTAB tablets

Step #2 Swallow each of the 12 tablets individually with a sip of water
Drink all of the liquid in the container. *This can be done over a course of 30 minutes.*

Step #3 Chew 2 Simethicone / Gas-X tablets

NOTE: If you experience symptoms such as nausea, bloating or cramping - pause or slow down the rate of drinking the additional water until your symptoms diminish.

Step #4 You must drink two (2) more 16-oz. containers of water over the next few hours
Between 7:30pm-8:00pm - Drink one 16 oz. container of water
Between 8:30pm-9:00pm - Drink the second 16 oz. container of water

You may continue to consume the approved clear liquids on the instruction sheet throughout the evening.

SIX HOURS prior to your procedure time:

Step #5 Repeat Steps #1 through #3. *This can be done over a course of 30 minutes.*

FIVE HOURS prior to your procedure time:

Step #6 You must drink two (2) more 16-oz. containers of water over the next hour.

Step #7 Chew 2 Simethicone / Gas-X tablets



STOP ALL LIQUIDS 4 HOURS PRIOR TO PROCEDURE

- If you take daily medication (including blood pressure, seizure & heart medications), take it with small sips of water only, AT LEAST 4 hours before your procedure***
- You may brush your teeth, but do not swallow***
- Do not eat candy / mints, chew gum or chew tobacco***
- Do not smoke cigarettes, marijuana, cigars, pipes, e-cigarettes, or vape***

BOWEL PREP - FREQUENTLY ASKED QUESTIONS

What is a clear stool?

A clear stool can have a slight tint of yellow or brown (tea colored.) It will be completely transparent, and will not contain any solid matter.

I am not having bowel movements, what should I do?

Bowel movements can take up to 3-4 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by **9:00pm** the night prior to your procedure, you will need to reach the on call physician for further instructions.

The prep is making me nauseous, what should I do?

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

Is it normal to have diarrhea & cramping?

YES. This is normal. Bloating, abdominal discomfort, nausea, cramping and diarrhea could happen at any point during the bowel prep process.

What foods should I avoid for the 3 days leading up to my procedure?

It is recommended to limit raw vegetables, nuts, seeds, flax seeds and popcorn for three days prior to your procedure. The seeds or nuts may cause a difficulty in screening.

Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as part of the liquid diet.

Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 4-6 hours prior to the procedure.

Why do I have to wake up so early for the 2nd dose, can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

If I weigh under 100 pounds do I need to take all of the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

Do I need to remove my jewelry before the procedure?

Please leave valuables at home. If you have any body piercings, please remove them prior to your procedure. Mouth and lip jewelry must be removed prior to the procedure - inability to do so could result in cancellation of your procedure.
