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## SUTAB® BOWEL PREPARATION

Your efforts at cleansing your colon are essential for an accurate and safe procedure. The instructions provided below are designed to maximize the ease, safety and success of your preparation. **If you believe your prep has not been effective, please inform the nurse and physician prior to the procedure.**

### Purchase the following at the pharmacy.

- SUTAB® bowel prep kit (prescription enclosed).
- Optional: Plain or aloe Baby wipes (minimizes bottom irritation)
- Optional: Desitin or A&D ointment (minimizes bottom irritation)

## DOSE 1: DAY ONE OF PREP (day BEFORE procedure)

- **Clear liquid diet only entire day** (examples listed on reverse side / page 2).
- **Failure to follow instructions can lead to a poor prep and will likely result in your procedure being incomplete or cancelled.**

Any time after 6:00 p.m. (recommend starting BEFORE 9:00 p.m.)

- **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 each tablet with a sip of water and drink the entire amount over 15 to 20 minutes. **NOTE: 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 second time 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 with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

## DOSE 2: DAY TWO OF PREP (day of procedure)

- **Nothing to eat or drink, other than as instructed below.**
- **Unless instructed otherwise, you are encouraged to take your critical medications with sips of water on the day of your exam.**
- Start DOSE 2 no sooner than 4 hours after starting DOSE 1 **AND** at least 4 hours prior to leaving your home.
- Repeat Step 1 to Step 4 from DOSE 1 using the second bottle of tablets.
- **VERY IMPORTANT NOTE: You must finish drinking the final glass of water (STEP 4) at least 1 hour before leaving your house.**

**DO NOT TAKE ANYTHING BY MOUTH WITHIN 2 HOURS OF YOUR SCHEDULED COLONOSCOPY.**

**CLEAR LIQUID DIET – Includes but not limited to suggestions below**

Water

Apple juice

Cranberry juice (okay because it is naturally red)

White grape juice

Propel fitness water (any flavor)

Gatorade (no red, blue or purple; all other colors acceptable)

Tea

Coffee. No cream or dairy products added.

Chicken or beef broth (strained)

Jell-o (no red, blue or purple; all other colors acceptable)

Popsicles (no red, blue or purple; all other colors acceptable)

**You may have clear liquids with caffeine. However, please do not make it the majority of your liquids.**