



## 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). In addition to the clear liquid diet, you may follow the low residue diet instructions on the reverse side / page 2. If you choose this diet, it must be followed strictly with no substitutions. **Failure to follow instructions can lead to a poor prep and will likely result in your procedure being incomplete or cancelled.**
- **Start prep between 6:00 p.m. and 8:00 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 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.**

The day before the test, start eating the meals according to the meal planner. For additional food, please only consume those liquids permitted on clear liquid diet list that is provided. Your diet allows you to eat certain foods in a prescribed manner. It is critical that you eat only the permitted foods listed. Failure to follow the diet plan could result in a poor bowel prep, resulting in cancellation of your procedure. Please pick a diet plan and stick to it, do not take liberties and cheat.

**MEAL PLANNER – CHOOSE ONLY 1 OPTION**

	<b>Option 1</b>	<b>Option 2</b>	<b>Option 3</b>
<b>BREAKFAST</b>  <b>Choose only one</b>	2 eggs (fried, over easy, scrambled or boiled) and 2 white bread slices OR 2 eggs and 1 plain bagel with butter or jelly	1 cup yogurt (no seeds, berries, or nuts) and 1 banana	1 Egg McMuffin (no meat) OR 1 plain bagel with cream cheese, jelly or butter

<b>LUNCH (no later than 1 p.m.)</b>  <b>Choose only one</b>	1 plain chicken or turkey sandwich on white bread with condiments only—no lettuce, tomato, etc. -OR- 1 cup macaroni and cheese -OR- Baked potato with butter and / or sour cream	1 chicken breast and 1 cup cottage cheese	1 plain chicken sandwich with condiments only—no lettuce, tomato, etc. -OR- 5 chicken tenders / 10 chicken nuggets with condiments -OR- 1 cup macaroni cheese
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<b>SNACKS</b>  <b>Choose only one</b>	1 handful of pretzels  <b>No later than 3:00 p.m.</b>	1 cup yogurt (no seeds, berries or nuts)  <b>No later than 3:00 p.m.</b>	1 handful of pretzels  <b>No later than 3:00 p.m.</b>
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<b>DINNER</b>	<p>You may have as much of the items on the clear liquid diet section. Start bowel prep as instructed. <b>Please do not eat any solid foods after starting bowel prep.</b></p>
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**CLEAR LIQUID DIET – Includes but not limited to the 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 are acceptable)
  - Tea
  - Coffee. No cream or dairy products added.
  - Chicken or beef broth (strained)
  - Jell-o (no red, blue or purple; all other colors are acceptable)
  - Popsicles (no red, blue or purple; all others colors are acceptable)
- You may have clear liquids with caffeine. However, please do not make it the majority of your liquids.**