



SUTAB

Colonoscopy Preparation Instructions

(For patients with no history of renal disease)

FOLLOW THESE INSTRUCTIONS – NOT THOSE ON THE BOX YOU RECEIVE FROM THE PHARMACY!

Items to Purchase

Sutab (prescription)

3 Days Before Procedure

- ✓ Eat a well-balanced diet. Avoid whole grain food, nuts, seeds, popcorn, raw or dried fruits and vegetables, and salads.

Day Before Procedure Beginning at 12:01am

- ✓ For the entire day before your procedure, you should have **NO SOLID FOOD**. You should begin a clear liquid diet.
 - Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.
 - **DO NOT** consume anything red in color **OR** dairy products.
- ✓ At **4:00pm**, complete the following steps:
 - 1) Open 1 bottle of 12 tablets.
 - 2) Fill the provided container with 16 ounces of water (to the fill line).
 - 3) Swallow each tablet with a sip of water, drinking the entire amount of water over a 15–20-minute time period.

If you experience nausea, bloating or cramping, pause or slow drinking the additional water until your symptoms go away.
 - 4) Approximately 1 hour after you take the last tablet, fill the provided container again with 16 ounces of water (to the fill line) and drink the entire amount.
 - 5) Approximately 15-20 minutes after finishing the second container of water, refill the provided container with another 16 ounces of water (to the fill line) and drink the entire amount.

Day of Procedure

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time:** Repeat **steps 1-5** (shown above) with the second bottle of tablets.
- ✓ **4 hours prior to arrival time:** Take any necessary medications. You must be finished with all SUTAB tablets and your final glass of water.

ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME!