

SUTAB PREP INSTRUCTIONS

2 Days before the procedure

Avoid RED or PURPLE dyes and DAIRY products

Do not eat foods high in fiber. Examples: WHOLE GRAIN BREADS, CEREALS, FRUITS, NUTS, SEEDS, QUINOA, POPCORN, OR RAW VEGETABLES.

Do not take fiber supplements. Examples: METAMUCIL or Fiber Powder/tablets.

1 Day before the procedure

You will be on a clear liquid diet all day. (See attached copy of clear liquids)

Avoid RED or PURPLE dye

At 4 pm (evening before the colonoscopy)

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 25 minutes. PLEASE WAIT AT LEAST 2 MINUTES BETWEEN SWALLOWING EACH TABLET.

IF YOU BECOME UNCOMFORTABLE, TAKE AN ADDITIONAL 15 MINUTES TO COMPLETE

Step 3: Approximately 1 hour after the last tablet is swallowed, fill the provided container a second time with 16 ounces of water to the fill line and drink the entire amount over 30 minutes.

Step 4: Approximately 30 minutes after the second container of water, fill the provided container a second time with water and drink the entire amount over 30 minutes.

Continue with clear liquids through out the evening so you don't become dehydrated

The day of the procedure

At _____ 5 to 8 hours prior to the colonoscopy, start **DOSE 2** but no sooner than 4 hours after starting dose 1.

Repeat steps 1 through 4 using the second bottle of tablets.

YOU MUST USE ALL TABLETS AND WATER WITHIN 2 HRS OF STARTING DOSE 2

ABSOLUTELY NOTHING TO EAT OR DRINK AFTER _____ INCLUDING GUM OR WATER.