

# Colonoscopy Prep using Sutab

**THE DAY PRIOR TO YOUR PROCEDURE.** Day: \_\_\_\_\_ Date: \_\_\_\_\_

**You must follow a clear liquid diet all day. LIQUIDS ALLOWED:** Water, black coffee, apple and white grape juice, soda, tea, Kool Aid, sports drinks, lemon or lime Jell-O, chicken or beef broth, and popsicles.

**NOT ALLOWED: Solid food, milk, alcohol, or anything RED, ORANGE OR PURPLE.**

## 4:00PM:

### STEP 1

Open one (1) **bottle of 12 tablets.**

### STEP 2

Fill the provided container with **16 oz. of water** (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of the water over **15 to 20 minutes.**

### STEP 3

Approximately 1 hour after the last tablet is ingested, fill the provided container again with **16 oz. 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 oz. of water** (up to the fill line) and drink the entire amount over **30 minutes.**



## 10:00PM:

**Repeat steps 1-4. Stay near toilet.  
You will have diarrhea, which can be quite sudden. This is normal.  
The stool should eventually be a clear yellow liquid.**

**AT LEAST A WEEK BEFORE YOUR PROCEDURE.** Check with your prescribing doctor to make sure it is safe to hold prescription blood thinners. Please get permission to hold Plavix, Coumadin or Warfarin **4 days prior** to your procedure. Please get permission to hold Effient, Pradaxa or Xarelto **2 days prior** to your procedure.

#### COLON CLEANSING TIPS:

**Walking will help move the solution through your body.**

**If you feel bloated or your stomach feels "full", drink solution slowly. Stop for 1 hour, then resume.**

**Continue drinking lots of clear liquids until 4 hours prior to your procedure.**

**Avoid eating corn 4 days prior to your colon exam.**

**Anal skin irritation or flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter remedies, such as hydrocortisone cream, baby wipes, Vaseline® or Tucks® – avoid products containing alcohol.**

**NPO STATUS:** During your procedure you will be administered either anesthesia for sedation. For your safety, it is essential you follow these guidelines:

- **No GUM, CANDY, MINTS, CIGARETTE SMOKING or TOBACCO USE 4 hours prior to your arrival time.**
- **DO NOT DRINK ANYTHING 4 HOURS PRIOR TO YOUR COLON / EGD EXAM.**

#### THE DAY OF YOUR PROCEDURE:

- If you take insulin or oral diabetic medication, you are advised to **HOLD** and **DO NOT TAKE** on the day of your procedure. Bring it with you.
- Take any routine heart, blood pressure or seizure medications with a **SMALL** sip of water at least two hours before your procedure.

#### YOU MUST HAVE WITH YOU:

- A responsible adult to drive you home. This individual must be present when you check-in and stay at the facility during the procedure or your procedure will be **CANCELLED**.
- A list of all medications you are now taking, including over-the-counter products and herbal supplements.
- A list of any allergies you have.
- If you have a Pacemaker/AICD please bring in your Pacemaker/AICD card.

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**Any questions, please contact us at:  
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