

## SUTAB Bowel Prep For Procedures

Please read entire instruction sheet before beginning your prep.

### THREE DAYS BEFORE PROCEDURE

For three (3) days prior to appointment do not eat any raw vegetables, salad, fruit, seeds, nuts or corn.

### THE DAY BEFORE YOUR COLONOSCOPY

- NO SOLID FOOD!
- DRINK CLEAR LIQUIDS ALL DAY.
- See clear liquids list on this sheet.
- Continue to drink clear liquids during the day.
- DO NOT LIMIT YOUR FLUIDS TO JUST WATER.
- The more you drink the better the prep will work.
- Do not drink anything red or purple in color.

YOU NEED TO DRINK 64 ounces OF CLEAR LIQUIDS BEFORE 6 p.m. This is a split dose regimen. Two (2) separate dosing times are given.

### DAY BEFORE PROCEDURE AT 6 P.M.

- Open one (1) bottle of 12 tablets.
- Fill the container with 16 ounces of water. Swallow each tab with a sip of water, drink the entire amount of water over 15 to 20 minutes.
- One (1) hour after you take the last pill, fill the container with water and drink over 30 minutes.
- 30 Minutes after the second container, drink one more container of water over 30 minutes

### SECOND DOSE OF PREP

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

- Open one (1) bottle of 12 tablets.
- Fill the container with 16 ounces of water.
- Swallow each tab with a sip of water, drink the entire amount of water over 15 to 20 minutes.
- One (1) hour after you take the last pill, fill the container with water and drink over 30 minutes.
- 30 Minutes after the second container, drink one more container of water over 30 minutes.

### CLEAR LIQUIDS

- Water
- Clear chicken or beef broth
- Apple juice
- White grape juice
- Soft drinks
- Gatorade
- Coffee/Tea without cream, milk, or non dairy creamer
- Jell-o without fruit
- Popsicles
- Clear fruit drinks without pulp
- Avoid anything red or purple
- No alcoholic beverages
- No Jell-o or broth eight (8) hours prior to procedure

### IMPORTANT REMINDERS

- If you take diabetic medications, check with your primary care provider about how to take them during your preparation.
- Take any heart, blood pressure, breathing or seizure medication with just a sip of water the morning of your exam.
- Stop blood thinners (coumadin, Plavix, etc.) three (3) days before exam, with your prescribing physician's approval.
- Avoid blood thinning medications (aspirin, ibuprofen etc.) three (3) days before your procedure. You may use Tylenol.
- Stop over-the-counter supplements seven (7) days prior.
- YOU MUST HAVE SOMEONE WITH YOU TO STAY DURING THE PROCEDURE AND TO DRIVE YOU HOME.
- You are permitted to have clear liquids up to six (6) hours prior to your procedure time.