

SUTAB PREPARATION

You will need a prescription for this preparation.

Your bowel preparation starts 3 days prior to procedure with diet restrictions as outlined below.

GENERAL INSTRUCTIONS

Supplies Needed:

- SUTAB kit from your pharmacy
- Tush wipes

All preparation work best when you take them as a split-dose. This means you take the first dose in the evening before the procedure and the second dose the day of the procedure.

A thorough colon cleansing before the procedure is key to its success. It is very important to drink all of the preparation solution and follow the instructions.

Colon-cleansing preparations cause frequent, liquid stools. You may have your first bowel movement about one hour after you start to drink the solution. You may continue to pass liquid stools up to two hours after you finish the solution.

If you find it hard to tolerate the taste of the solution, these tips may help:

- Refrigerate the solution and drink it cold. Do not add ice or flavorings.
- suck on ice or a lemon or lime wedge
- Chew gum right before you drink each glass of solution.
- Drink the solution through a straw.

Side effects from the solution may include bloating, stomach cramps, nausea and vomiting. You may also have chills, headache and irritation of your rectal area.

If you develop side effects, drink the solution more slowly until your symptoms improve.

Use Rectal Tush wipes to help with rectal irritation from bowel movement.

FOODS YOU MAY EAT STARTING 3 DAYS PRIOR TO PROCEDURE

BREADS/GRAINS:

- Refined breads, toast rolls, biscuits, muffins, crackers, pancakes, waffles
- Enriched white bread and rolls
- Saltines
- Refined ready to eat and cold cereals
- Cooked/refined wheat, corn or rice cereal
- White rice and pasta

MILK/DAIRY:

- Milk, cottage cheese, mild cheese
- Yogurt without fruit
- Ice cream with no fruit or nuts

MEAT/PROTEIN:

- Ground or well cooked, tender beef, lamb, ham, veal, pork, fish, shellfish, poultry without skin, organ meats
- Eggs
- peanut butter-not chunky

MISCELLANEOUS:

- coffee, tea, carbonated beverages
- Sugar, honey, jelly without seeds, syrup
- Salt, soy sauce, ketchup
- Mild spices
- Lemon juice, vinegar, flavoring extracts

3 DAYS PRIOR TO PROCEDURE

Do NOT eat foods high in fiber. Examples are whole grain breads and cereals, fruits, nuts, seeds, quinoa, popcorn and cooked or raw vegetables.

Do not take any fiber or Iron supplements.

Hydration is important and part of the colon cleansing process. Make sure to keep yourself well hydrated before you take the solution, while you're taking the solution, and after the solution.

1 DAY PRIOR TO PROCEDURE

You may have a light/low residue breakfast before 12:00 PM. Low residue foods include eggs, white bread, cottage cheese, yogurt (no fruit), grits, coffee, and tea.

12:00 PM - Please take 2 Dulcolax tablets with a full glass of water and start the clear liquid diet.

CLEAR LIQUID DIET LIST: Do not drink alcohol, milk, red or purple colored liquids, or anything containing pulp.

Clear soda

Sports drinks

Watered-down clear fruit juice (with no pulp)

Popsicles (without pieces of fruit or pulp)

Coffee/tea (without milk or creamer)

Gelatin (without fruit or toppings)

Clear broth soups

Strained lemonade or limeade

6:00 PM - Open 1 bottle of 12 tablets. 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 of water over 15-20 minutes.

7:00 PM - Fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

8:00 PM - Fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

Continue to consume only clear liquids until after the colonoscopy.

DAY OF PROCEDURE

5 hours prior to the colonoscopy, open the second bottle of 12 tablets. 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 of water over 15-20 minutes.

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

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.

IMPORTANT: You must complete all SUTAB tablets and required water at least 2 hours before colonoscopy.

If your stool is not yellow to clear, please call the office the morning of your appointment.