



SUTAB BOWEL PREP

The following instructions are your physician's specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach Your Patient Advisor with non-medical prep questions at: **800.349.0285**

You can reach your physician's office at: **239-649-1186**

Special Notes: If you are on aspirin, Coumadin (Warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban) Eliquis (apixaban) or other blood thinning medication, follow the instructions provided by your gastroenterologist regarding if/when they should be discontinued before your procedure. If you are unsure, call your gastroenterologist.

7 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure
<p>Review your prep instructions thoroughly.</p> <ul style="list-style-type: none"> Pick up your Prescription at your pharmacy. <p>STOP: Iron, high dose of Fish Oil, Aspirin, other arthritis medications and Phentermine.</p> <p>Tylenol (Acetaminophen) and daily aspirin 81mg are OK.</p> <p>Please notify your gastroenterologist office if you may need antibiotics before your procedure (eg. Heart valve replacement)</p>	 <p>STOP eating any raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds and stop any fiber supplements until after the procedure.</p> <p>Purchase clear liquid diet items, ointment, reading material, etc.</p>	 <p>Continue a low fiber diet. Remember to avoid foods with nuts and seeds.</p> <p>Confirm arrangements with your driver.</p>	<p>NO SOLID FOODS, CLEAR LIQUIDS* ONLY upon rising, until after your procedure. A clear liquid diet is necessary for a colonoscopy.</p> <p>Prep at a Glance</p> <p>10:00 am Take first dose of prep tablets (12)</p> <p>6:00 pm take second dose of prep tablets (12)</p> <p>Detailed, step-by-step instructions located on page 3.</p>	<p>Nothing by mouth after midnight until after your procedure.</p> <p>NO GUM OR HARD CANDY</p> <p>YOU MAY BRUSH YOUR TEETH BUT <u>DO NOT SWALLOW</u></p> <p>* If you take daily blood pressure medication, heart disease, Parkinson's disease, or seizure medication, you may take it with a SMALL SIP OF WATER ONLY, at least 2 hours before your procedure. Diabetic medications may need to be adjusted.</p>

***Clear Liquid Diet Details: NO RED, ORANGE, or PURPLE.**

NO DAIRY

Approved

Sodas, coffee, tea, clear juices, fitness waters, Popsicles without pulp, chicken, vegetable, & beef broth, gelatin

Avoid

No milk/dairy
No juices with pulp
NO RED, ORANGE, or PURPLE



Bowel Prep Frequently Asked Questions

What is a clear stool?

A clear stool can have a slight tint of yellow or brown. It will be completely transparent and will not contain any solid matter.

I am not having bowel movements, what should I do?

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink clear liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on-call physician for further instructions.

The prep is making me nauseous, what should I do?

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and contact your physician's office during normal business hours or speak to the on-call physician.

What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils.

What are some good options for low fiber foods?

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

If I eat popcorn or seeds 3 days before my procedure, do I need to reschedule?

You will not need to reschedule your procedure; however, the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact your provider or their medical assistant.

Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as part of the liquid diet.

Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 4-6 hours prior to the procedure.

Why do I have to wake up so early for the 2nd dose, can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

If I weigh under 100 pounds, do I need to take all the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.


SUTAB BOWEL PREP

Prep Day: The day before your procedure

No solid foods upon rising, until after your procedure. Drink one glass of clear liquid every hour until bedtime or midnight to avoid dehydration.

10:00 AM the morning prior to your procedure

1

- Open 1st bottle of 12 tablets - 
- Fill the provided container with 16 ounces of water **OR** any clear liquid up to the fill line.
- Swallow each tablet with a sip of clear liquids.
- Pills and 16oz of clear liquid should be consumed within a 20-minute period.



12:00 PM (*approx. 60 minutes after the last tablet is ingested the day prior to your procedure

2

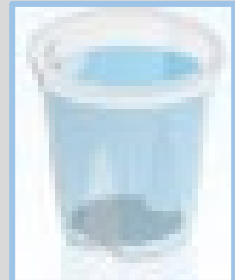
- Fill the container with clear liquids to the 16oz fill line.
- Drink the entire amount over 30 minutes.



1:00 PM (*approx. 30 minutes after finishing step 2) the evening prior to your procedure.

3

- Fill the container with clear liquids to the 16oz fill line.
- Drink the entire amount over 30 minutes.




Individual responses to laxatives may vary. This preparation will cause multiple bowel movements, so it is advised to stay close to a bathroom.

Continue to follow a clear liquid diet throughout the day and drink plenty of clear liquids until bedtime or midnight.

SUTAB BOWEL PREP

6:00 PM – The evening before your procedure

4

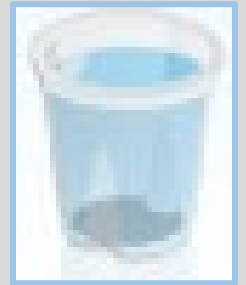
- Open 2nd bottle of 12 tablets - 
- Fill the provided container with 16 ounces of water **OR** any clear liquid up to the fill line.
- Swallow each tablet with a sip of clear liquids.
- Pills and 16oz of clear liquid should be consumed within a 20-minute period.



60 minutes (*approx.) after the last tablet is ingested in step 4.

5

- Fill the container with clear liquids to the 16oz fill line.
- Drink the entire amount over 30 minutes.



30 minutes (*approx.) after finishing step 5.

6

- Fill the container with clear liquids to the 16oz fill line.
- Drink the entire amount over 30 minutes.



Continue to follow a clear liquid diet throughout the day and drink plenty of clear liquids until bedtime or midnight.

NOTHING BY MOUTH AFTER MIDNIGHT

SUTAB BOWEL PREP

THE DAY OF THE PROCEDURE

NOTHING BY MOUTH AFTER MIDNIGHT

- **NOTHING BY MOUTH**
- **NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE***
- **NO GUM OR HARD CANDY**
- **YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW**
- **If you use an Insulin Pump, bring it with you to your procedure.**
- **Diabetics** – do not take your insulin or diabetic pills the day of the procedure. **Diabetic medications may need to be adjusted.**
- **If you are a smoker, per anesthesia requirements please do not smoke on the day of your procedure**

*** If you take daily blood pressure medication, heart disease, Parkinson's disease, or seizure medication, you may take it with a SMALL SIP OF WATER ONLY, FIRST THING UPON WAKING UP.**

A driver (age 18 or over) must accompany you to your appointment. The person who is driving you home must remain at the facility while your procedure is being performed so that they are available in the unlikely event of an emergency. You may not go home in a taxi, rideshare (Uber/Lyft), or take public transportation. The sedation you will receive will prevent you from driving safely or working the day of your procedure. Following your procedure, do not drive, operate heavy machinery, or sign legal documents for 24 hours.

**** Bring photo ID and Leave all jewelry at home.**

Clear Liquid Examples

Water, apple juice, or white grape juice. Also, coffee, tea (without milk, half & half, nor creamers). Gatorade, or other sports drinks, ginger ale, Sprite, 7-UP, Kool Aid or other flavored drinks. You can also have gelatin, popsicles, and bouillon. **NOTHING RED, ORANGE, OR PURPLE.**

If you have any questions or concerns about the preparation, please contact Your Patient Advisor by calling 800-349-0285 or emailing support@yourpatientadvisor.com.