

Your Colonoscopy has been scheduled for \_\_\_\_\_ at \_\_\_\_\_.

**\*\*The facility will call you the day before and let you know your check in time.**

## **SUTAB BOWEL PREP INSTRUCTIONS**

### **Preparing for the procedure:**

- Pick up your Sutab Bowel Prep Kit from your pharmacy. **Remember your coupon to get the discounted price** in case your insurance does not cover the bowel prep you have chosen. If you do not have one you can go to **Sutab.com** and fill out the form for a special code to give to your pharmacy.
- Arrange for a driver. You must have a driver who will stay at the facility during your procedure and drive you home afterwards.
- If you are diabetic, check with your primary care doctor about maintaining your insulin/blood sugar levels during the bowel prep.
- The Surgery Center will call you the day before your procedure with your arrival time. If you do not have an arrival time by 3pm the day before, please call the Surgery Center.

### **5-days prior to your procedure:**

- Do not eat anything containing nuts or seeds such as strawberries or tomatoes.
- Do not take any the following medications:
  - Blood Thinners (Coumadin), Aspirin, Ibuprofen

### **How to take the Sutab bowel prep**

#### **Dose 1 – On the day prior to colonoscopy:**

- **Only clear liquids may be consumed until after the colonoscopy.**
- Early in the evening prior to colonoscopy, open one 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 over 15 to 20 minutes.
- Approximately one hour after the last tablet is ingested, fill the provided container a second time 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 again with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

## **Dose 2 - Day of colonoscopy:**

- Continue to consume only clear liquids until after the colonoscopy.
- The morning of colonoscopy (6 hours prior to the colonoscopy and no sooner than 4 hours from starting Dose 1), 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 over 15 to 20 minutes.
- Approximately one hour after the last tablet is ingested, fill the provided container a second time 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 again with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.
- If patients experience preparation-related symptoms (e.g. nausea, bloating, cramping), pause or slow the rate of drinking the additional water until symptoms diminish.
- Complete all Sutab tablets and water at least two hours prior to colonoscopy.

### **\*\*IT IS IMPORTANT TO FOLLOW ALL THE STEPS COMPLETELY\***

- Remain close to the toilet facilities as multiple bowel movements may occur.
- You will need to make certain you drink plenty of fluid throughout the entire day.

**If you do not follow the instructions above, your procedure may be delayed or cancelled.**

- 
- You will be able to resume your normal diet after discharge.
  - Most patients are able to resume their normal activities the day after the procedure.
  - If you experience pain or discomfort after the procedure, or if you have any questions or concerns, call the office immediately at 360-613-1335.