



## SUTAB Colonoscopy Prep Instructions

SUTAB is a prep that can be used prior to your colonoscopy in order to clean the colon. A clean colon is imperative in allowing your doctor to find and remove polyps. SUTAB is a two-dose prep for your colonoscopy, meaning that you will take this over a period of two days- the day before your procedure, and the day of your procedure.

### **3 days before your procedure:**

\*Make sure you have picked up your SuTab prescription from the pharmacy

\*Stop eating the following high fiber foods, which can make it difficult for your doctor to find polyps

- popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/vegetables, or fresh and dried fruit

### **1 day before your procedure:**

Drink lots of clear liquids to keep yourself hydrated! A clear liquid diet includes:

- water
- coffee (only if you must; limit to 8 oz. and must be black, no cream or non-dairy creamer, sugar is OK)
- tea
- soda/pop (no red dye)
- broth
- white grape juice
- popsicles (no added fruit and no red dye)
- Jell-O (no added fruit and no red dye)

**\*\*No Red Dye\*\***  
**\*\* No Milk Products\*\***  
**\*\* No Solid Food\*\***

**Start colonoscopy prep on the day before procedure:**



- There are two bottles, each of which contains 12 pills. Remove the 12 pills and take each one of them with 16 ounces of water (there is a cup included which will help you measure how much water you drink).
- If you have water remaining after taking the pills, drink the rest.
- One hour after completing the initial 16 ounces of water, drink two additional cups of water (16 ounces each).
- You should continue consuming clear liquids after you are done with the initial does of SuTabs

## Day of your colonoscopy:



- 6 hours before your procedure is scheduled, take the next bottle of 12 pills with 16 ounces of water.
- If you have water remaining after taking the pills, drink the rest.
- One hour after completing the initial 16 ounces of water, drink two additional cups of water (16 ounces each)
- You must finish consuming the water and all clear liquids **4 hours before** your scheduled procedure time.

**Please continue blood pressure, cardiac, anticonvulsant, thyroid, neuromuscular and psych medications according to your normal schedule. If you take iron, diabetic medications, blood thinners or weight loss medications- oral or injectables, dosage adjustments are provided for you upon scheduling. Failing to stop these medications as directed before your procedure may result in anesthesia complications and possibly cancellation.**

**If you are unsure how to take your medications or have questions, contact Huron Gastro 734-434-6262**