

# SUTAB

## Colonoscopy Preparation Instructions

### READ ALL INSTRUCTIONS UPON RECEIPT

#### 5 DAYS PRIOR:

- If you have not received your SUTAB prep, please call your doctor's office.
  - Stop all stool formers (Metamucil, FiberCon, Citrucel), vitamins, and iron, but continue your other medications.
  - If you are on blood thinners, plan to stop them according to the instructions provided.
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#### 2 DAYS PRIOR:

- Stop eating nuts, seeds, and raw vegetables.
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#### 1 DAY PRIOR:

- **Only consume clear liquids.**
  - Do not eat solid food until after your procedure.
  - No milk or milk products, no soy or non-dairy creamer, no juice pulp, no alcohol, and nothing red or purple in color.
  - Drink at least eight - 8oz glasses of clear liquid (64oz) during the day prior to starting your prep.
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#### EVENING PRIOR TO COLONOSCOPY AT 5-6 PM:

1. Open 1 bottle of 12 tablets.
  2. Fill provided container with 16oz of water (up to the fill line).
  3. Swallow 1 tablet every 2 minutes until you have ingested all 12 tablets. Finish the entire container of water.
  4. 1hr later drink another 16oz (1 container) of water.
  5. 30 min later drink another 16oz (1 container) of water.
  6. Continue drinking additional clear liquids.
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#### DAY OF COLONOSCOPY: 5 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

- Repeat steps 1-5.
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#### 3 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

- **Stop drinking all liquids.**
  - **Take all other morning medication with a small sip of water 3 hours prior.**
  - **Do not drink anything else after this time.**
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### TRANSPORTATION:

- Bring someone with you that can safely drive you home. No taxi's, ride shares or public transportation, unless you are accompanied by a family member or friend.
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### CANCEL OR RESCHEDULE:

- Please let us know at least 3 business days, prior to your appointment, if you need to cancel or reschedule to avoid a late notice fee.
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### SMOKING (CIGARETTE, CIGAR, PIPE, MARIJUANA, VAPOR, CHEW TOBACCO) NICOTINE PATCH OK TO USE:

- Please do not smoke, on the date of the procedure, until after your procedure.

**CALL 210-614-1234 IF YOU HAVE ANY QUESTIONS**