



## Southwest Gastroenterology, P.A.

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# SuTab Instructions for Colonoscopy

## Read All Instructions Before Starting

Appointment is scheduled on \_\_\_\_\_ at \_\_\_\_\_ am/pm  
Arrive at facility by: \_\_\_\_\_ am/pm

3 days prior to your procedure, please stop vitamins, iron pills, blood thinners, (does not include blood pressure medications), stool formers such as Imodium, and fiber supplements. Unless previously instructed, do not take routine medications the day of the procedure. \*\*\* We advise purchasing SuTab five days prior to the procedure.\*\*\* (Prescription can be filled at most local pharmacies.)

Your doctor has prescribed SuTab solution as a bowel cleansing preparation prior to your colonoscopy. SuTab is packaged with a 16 ounce container and two bottles of pills. Follow these instructions very carefully to ensure a clean bowel preparation prior to your colonoscopy.

**All day on the day before your procedure** : Start a clear liquid diet (no solid foods). Clear liquids include: Broth chicken or beef, water, apple juice, Gatorade, white grape juice, soft drinks, coffee and tea (without milk or non-dairy creamer), orange drink (Hi-C or Crystal Lite), jello, bouillon, popsicles, and lemonade. **DO NOT DRINK MILK OR MILK PRODUCTS. DO NOT DRINK ANYTHING RED OR PURPLE. NO TOBACCO PRODUCTS THE MORNING OF PROCEDURE.**

**At 11:00 A.M.** , the morning before your procedure, begin taking the SuTab. Fill the cup with drinking water to the 16-ounce line on the container and begin taking the 12 pills from the first bottle. Take each pill approximately 2 minutes apart with water. You must drink two (2) more 16-ounce containers of water after the completion of the pills. **THIS IS REQUIRED.** After drinking your first prep dose, you may continue with the clear liquid diet.

**At 11:00 PM** , the evening before your procedure, begin taking the second dose of SuTab. Fill the cup with drinking water to the 16-ounce line on the container and begin taking the 12 pills from the first bottle. Take each pill approximately 2 minutes apart with water. You must drink two (2) more 16-ounce containers of water after the completion of the pills. **THIS IS REQUIRED.** After completion of the prep, take 2 Gas-X capsules to reduce gas. **DO NOT EAT OR DRINK ANYMORE AFTER THIS.**

**Remember: Do not eat solid foods, drink dairy products, or consume anything red or purple the day before your procedure** . Report to the facility, indicated above, and bring someone with you that can safely drive you home. Due to the sedation given during the procedure, you will not be permitted to drive upon departure (NO taxi). **YOU WILL NEED SOMEONE TO DRIVE YOU HOME** .

**Please Note: Call the hospital two days before your procedure to pre-register:  
GRMC: 830-379-2411(main) Christus Santa Rosa: 830-643-8600 Otto Kaiser: 830-583-3401**