

SUTAB Bowel Prep - Split Dose (2 day) Regimen

Instructions for Colonoscopy Prep

READ INSTRUCTIONS CAREFULLY - AT LEAST 5 DAYS PRIOR TO PROCEDURE
DO NOT EXCEED RECOMMENDED DOSE AS SERIOUS SIDE EFFECTS MAY OCCUR

Your physician will provide you with a prescription and you will need to obtain your SUTAB kit from your pharmacy.

Note: Individual responses to laxatives vary. This prep should cause multiple bowel movements. It often works within 30 minutes but may take up to 3 hours. **Please remain within easy reach of a toilet.**

MANUFACTURERS INSTRUCTIONS MAY DIFFER, PLEASE FOLLOW THE INSTRUCTIONS BELOW.

» Multiple bowel movements may irritate the anal areas, clean thoroughly after each bowel movement to reduce irritation. A diaper rash ointment may be used, if desired. However, do not wear ointment to appointment.

» **Contact Kayla, at physician's office, if you take prescription blood thinners at home .**

» Discontinue any fiber supplements (Metamucil, Citrucel, Fibercon, etc.) at least five (5) days prior to your procedure.

» If you take narcotics, or suffer from chronic constipation, please take Miralax twice a day for five days prior to procedure.

» Do not take iron pills for three days prior to colonoscopy.

DAY BEFORE COLONOSCOPY

1) Drink only "clear liquids" this entire day. **Solid foods, milk or milk products are not allowed.**

Consume at least 2 liters of clear liquids in addition to prep. Clear liquids include, but are not limited to:

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| » Slush, Icee, popsicle (no red colors) | » Water |
| » Clear broth, bouillon or clear soup (no noodles) | » Coffee, tea (no creamer or milk) |
| » Gatorade, Kool-Aid, other fruit flavored drinks (no reds) | » Carbonated & non-carbonated sodas |
| » Strained fruit juices without pulp (apple, white grape, lemonade) | » <u>Clear</u> Ensure |
| » Plain jello (no reds) without fruit or toppings | » Ice |

2) You may take your usual medications, except blood thinners. Avoid taking your oral medications within 1 hour of starting each dose of SUTAB. If taking antibiotics, digoxin, chlorpromazine or penicillamine, take at least 2 hours before and not less than 6 hours after administration of each dose.

3) **DOSE 1: Start at 5:00 PM**

Step One: Open 1 bottle of 12 tablets.

Step Two: Fill the provided container with 16 ounces of water (up to fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15-20 minutes.

Step Three: DRINK ADDITIONAL WATER. Approximately 1 hour after the last tablet is ingested, fill the container again with 16 ounces of water and drink entire amount over 30 minutes.

Step Four: DRINK MORE WATER. After 30 minutes fill container with 16 ounces additional water and drink over 30 minutes.

Step five: DRINK 2 ADDITIONAL 16-OUNCE GLASSES OF WATER in between step four and starting dose 2 in the AM



Important: if you experience preparation related symptoms (nausea, bloating or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.

DAY OF EXAMINATION

1) **DOSE 2:**

Step One: Six (6) to eight (8) hours prior to leaving for your colonoscopy, open the second bottle of 12 tablets.

Step Two: Repeat step 1 to step 4 from dose 1 above.

IMPORTANT: You must complete all SUTAB tablets and required water at least 2 hours before leaving for the colonoscopy.

After finishing prep, do not drink anything else prior to your examination. If you have an early morning procedure or a long drive, give yourself plenty of time to finish your prep.

2) You should have drank 8 FULL 16-ounce glasses of water from beginning your prep to when you complete your 2nd dose.

3) **Take heart and blood pressure medication as normal. Do NOT take diuretics. Consult with prescribing physician about diabetic medications.**

4) Arrive at your scheduled time. The average length of stay is approximately 2 hours.

Note: The laxative prep is intended to evacuate your colon. Ideally, your bowel movements prior to leaving for your procedure should be fairly clear. You should be able to see the bottom of the toilet. Mucous, sediment and color tint are normal. If bowel movements are dark or have substance, please give yourself one or two Fleets® enemas or call office for additional instructions.