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Instructions for Colonoscopy with SuTAB Preparation

IMPORTANT– Please read prior to your procedure.

1. You must have someone available to drive you home after your procedure as you will be sedated. You will not be allowed to drive for 24 hours after sedation. Please note, public transportation is not allowed.
2. Five days prior to your procedure avoid the following foods: seeds, nuts, popcorn, peanuts, corn, peas, apples, raspberries, strawberries, cucumbers, or tomatoes.
3. You will not be eating solids food on the day before your procedure. You will be on a clear liquid diet the day before your procedure.
 - Example of clear liquid diet include:
 - Water
 - Chicken, Vegetable or Beef Broth
 - Jell-O (nothing red or purple)
 - Popsicles (nothing red or purple)
 - Clear soda
 - Black Coffee or Tea (no creamers)
 - Apple Juice or White Grape Juice
 - Crystal Light (no red or purple)
 - Gatorade (no red or purple)
4. It is important you complete the bowel preparation as directed. If the prep is not completed, you risk cancelling the colonoscopy and repeating at a later date.
5. You must drink plenty of fluids the day prior to your colonoscopy. This will ensure you are staying hydrated and will also help cleanse the colon.
6. Blood thinners, such as Warfarin, Eliquis, Xarelto, Pradaxa and Plavix will need to be stopped 5 days prior to your colonoscopy. Please contact the prescribing doctor to let them know you'll be off your medication. You will resume your blood thinner the day after your colonoscopy. Also, avoid Aspirin, Aleve, Ibuprofen, Naproxen, and Meloxicam five days prior to your procedure. Tylenol is ok.

Bowel Preparation with the use of SuTAB

Remember, only clear liquids day before your colonoscopy. Please see instructions on first page.

Please follow the times outlined below for your SuTAB colonoscopy preparation.

o **Step1:**

o **5pm:** Open 1 bottle of the SuTAB tablets. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water. Finish the 16 ounces with 15 minutes.

o **6:15pm:** Fill the provided container with 16 ounces of water (up to the fill line); complete within 30 minutes.

o **6:45pm:** Fill the provided container with 16 ounces of water (up to the fill line); complete within 30 minutes.

o You may continue with clear liquids.

o **Step2:**

o **10:00pm:** Open the second bottle of the SuTAB tablets. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water. Finish the 16 ounces with 15 minutes.

o **11:15pm:** Fill the provided container with 16 ounces of water (up to the fill line); complete within 30 minutes.

o **11:45pm:** Fill the provided container with 16 ounces of water (up to the fill line); complete within 30 minutes.

You may continue with clear liquids, up to 20 ounces, until 4 hours prior to your arrival time.

Scheduled Colonoscopy Date and Time: _____

Nothing by mouth starting at: _____