

## SUTAB Prep

**5 - 7 DAYS BEFORE THE PROCEDURE** - Have your prescription filled.

**5 DAYS BEFORE THE PROCEDURE** - If you routinely have less than 2 bowel movements per week then you will also need to purchase an 8.3oz bottle of Miralax. Begin taking a dose of Miralax twice a day **5 days prior** to your procedure. Take the last dose of Miralax in the morning **the day before** your procedure.

**3 DAYS BEFORE THE PROCEDURE** - AVOID raw fruits and vegetables, whole wheat/multigrain products, beans, popcorn and seeds.

**THE DAY BEFORE THE PROCEDURE** - You may only have clear liquids the entire day such as water, coffee, tea, broth, sodas, apple juice, Gatorade, Kool-aid, Jell-O, popsicles and hard candy. You may not have any solid food. **It is important to drink extra clear liquids before your prep to maintain adequate hydration. Do not drink liquids that are not clear such as milk. Do not drink liquids that are red or purple in color.**

### THE DAY BEFORE THE PROCEDURE - BETWEEN 3 AND 6 PM - START YOUR PREP

#### STEP 1:

- Open 1 bottle of 12 tablets. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes. Start time of first dose \_\_\_\_\_
- Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

#### STEP 2:

- Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.



#### NOTE:

- If you experience nausea – pause or slow rate of drinking additional water until symptoms diminish.
- Use baby wipes and/or Balneol cleansing cream or lotion during the prep to reduce irritation.

### DAY OF PROCEDURE 5- 8 HOURS BEFORE PROCEDURE BUT AT LEAST 4 HOURS FROM DOSE 1

#### STEP 1:

- Open second bottle of 12 tablets. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes. Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes. Start time \_\_\_\_\_

#### STEP 2:

- Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

#### NOTE:

- If you experience nausea- pause or slow rate of drinking additional water until symptoms diminish.
- You may take your prescription medications (except those listed in the booklet) with water up to 3 hours before your appointment arrival time.
- Do not use smokeless tobacco on the day of your procedure.



## Special Instructions

- Starting 3 hours before your appointment arrival time **absolutely nothing by mouth**, including gum, hard candy, and breath mints.
- Do not take other laxatives while taking SUTAB.
- Do not take oral medications within 1 hour of starting each dose of SUTAB.
- If taking tetracycline or fluoroquinolone antibiotics, iron, digoxin, chlorpromazine, or penicillamine take these medications at least 2 hours before and not less than 6 hours after administration of each dose of SUTAB.

**Please call us our office if you have any questions or if you are having difficulty with the preparation. We are available 24 hours a day, 7 days a week.**