

## Colonoscopy Prep (SUTAB Split Prep) \*Requires Prescription\*

### Shopping List:

- ✓ SUTAB Bowel Prep Kit (Need Prescription for this)
- ✓ Simethicone/Gas-X tabs X2
- ✓ Gatorade/Powerade 64 oz
- ✓ Baby wipes and diaper cream

### Prep Procedure:

**Two (2) days before your procedure:** Take 4 tablespoons of Milk of Magnesia **ONLY IF** you have chronic constipation or move your bowels infrequently.

**One (1) day before your procedure:** All day follow a **CLEAR LIQUID** diet ONLY. AVOID orange, red, and purple beverages.

- **At or Before 5PM:** Open 1 bottle of 12 SUTAB tablets. Fill the provided container with 16 ounces of water. Swallow 1 SUTAB tablet with a sip of water every 1-2 minutes. You should finish the 12 tablets and the entire 16 ounces of water within 20 minutes.
- **Approximately ONE Hour Later:** Drink an additional 16 ounces of water over 30 minutes.
- **Another Hour after drinking the second 16 oz. water:** Drink an additional 16 ounces of water.
- **At approximately 10PM:** Take 2 tablets of Simethicone.

**Day of your procedure, SIX (6) hours** before your scheduled arrival time, open the second bottle of 12 SUTAB tablets.

Swallow 1 SUTAB tablet every 1-2 minutes. You should finish the 12 tablets and the entire 16 ounces of water within 20 minutes. You must drink two (2) more 16-ounce containers of water over the next 1-2 hours. You must finish drinking the final glass of water at least **FOUR (4) hours** before your arrival time. **STOP** drinking all clear liquids **FOUR (4) hours** prior to your arrival!

### Helpful Tips:

- Do not use SUTAB prep if you have a history of congestive heart failure or significant kidney disease.
- Remember that on the day before your procedure you should avoid solid foods, all dairy products and alcohol.
- Stay hydrated! Drink 6-8 tall glasses of clear liquids.
- Recommended clear liquids include broths, teas, black coffee, Jello, popsicles, water, and sports drinks. AVOID orange, red, and purple beverages.
- You may not start to move your bowels until 2-3 hours after you take the SUTAB. Stay close to the bathroom.
- If you feel nauseous, try chewing gum, drinking peppermint tea or suck on a lemon.
- For hemorrhoids, you may use Tucks pads or hemorrhoid cream.