

## **THE DAY BEFORE PROCEDURE**

- Clear liquid diet only. **No solid foods**
- Clear liquids only the rest of the day, no dinner
- Allowed liquids: Water, Strained fruit juices (without pulp) including apple, orange, white grape, or white cranberry • Limeade or lemonade • Coffee or tea (DO NOT use any dairy or non-dairy creamer) • Chicken broth • Gelatin desserts without added fruit or topping (NO RED OR PURPLE)
- DO NOT CONSUME MILK, ALCOHOL, OR ANYTHING RED OR PURPLE
- \*\*\*If you are asked to do a “Two day prep”, please take either 4 capfuls of Miralax mixed in water or Gatorade at 12 noon the day before your procedure or 1 bottle of magnesium citrate\*\*\*
- At **5PM**, take the first dose of SUTAB

### **DAY 1, DOSE 1**

The day **BEFORE** your colonoscopy

You are encouraged to hydrate adequately before, during and after taking SUTAB

#### **Swallow the 12 tablets with the first 16 ounces of water**

The day before your colonoscopy, open the first bottle of 12 tablets and take SUTAB as described below.



Tablets not shown actual size.



**STEP 1** Open 1 bottle of 12 tablets.

**STEP 2** Fill the provided container with 16 ounces of water (up to the fill line). **Swallow 1 tablet every 1 to 2 minutes. You should finish the 12 tablets and the entire 16 ounces of water within 20 minutes.**

**IMPORTANT:** If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.

#### **Drink the additional two 16 ounces of water**

**STEP 3** 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 4** 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.

## **THE MORNING OF YOUR PROCEDURE**

- Beginning 6 hours before your scheduled procedure arrival time, Repeat steps 1-4 with the other 12 tablets of SUTAB
- **All 24 tablets and all of the water are required for a complete prep**
- **It is important to follow all steps completely**

### **DAY 2, DOSE 2**

The day **OF** your colonoscopy

#### **Swallow the other 12 tablets with another 16 ounces of water**

- The day of your colonoscopy (5 to 8 hours prior to your colonoscopy and no sooner than 4 hours from starting Dose 1), open the second bottle of 12 tablets



Tablets not shown actual size.



- Repeat **STEP 1** to **STEP 4** from **DAY 1, DOSE 1**

**IMPORTANT:** You must swallow all tablets and drink all the water at least 2 hours before your colonoscopy.