INSTRUCTIONS FOR YOUR COLONOSCOPY PREP

SUTAB

***You will need to purchase all of the following:*

- SUTAB from your pharmacy (scheduling nurse will have called this into your pharmacy approximately 2 weeks prior to procedure date).
- SUTAB is a split-dose 2 day regimen. A total of 24 tablets is required (and provided with prescription) for complete preparation for colonoscopy.

ONE DAY BEFORE COLONOSCOPY

- CLEAR LIQUIDS ALL DAY-no milk or milk products. **Do Not eat a low-residue diet as stated in the SUTAB box.**
    - Water
    - Tea
    - Broth
    - Sports drinks (no red/purple)
    - Jello (no red/purple)
    - Juice without pulp
    - Bouillon
    - Coffee no creamer
    - clear sodas-7up, sprite, ginger ale
    - Popsicles-(no red/purple)
- At 5pm take **dose 1** of SUTAB
    - Step 1 Open 1 bottle of 12 tablets
    - Step 2 Fill the provided container with water up to the fill line. Swallow each tablet with a sip of water until the entire container of water is finished. **Do this over 15-20 minutes.**
        - If you experience any nausea, bloating, or cramping please pause or slow the rate of drinking the additional water until your symptoms diminish.
        - If you are unable to keep the prep down after trying the previous intervention, please call endoscopy department at the numbers listed on the next page.
    - Step 3 Approximately 1 hour after the last tablet is taken, fill the provided container again 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 container again to the fill line and drink the entire amount over 30 minutes.
    - **Drink at least 8 oz of clear liquids every hour up until midnight (or whenever you go to bed)**.

DAY OF COLONOSCOPY

- 5-8 hours prior to scheduled procedure start **dose 2** of SUTAB.
- Repeat steps 1-4 above. Drink as instructed in above steps then **nothing by mouth.**
- Nothing by mouth after midnight except dose 2 of the prep and approved MEDICATION with a sip of water. These are the medications that would have been discussed with you

during your phone call from the hospital. (If you do not remember, do NOT take any meds and please bring all your medications and the nurses will instruct you on what to take when you arrive)

- You may brush your teeth and rinse with water.
- NO GUM, MINTS, LOZENGES
- NO CHEWING TOBACCO or NICOTINE POUCHES OR GUM
- No smoking or vaping the day of your procedure.
- Bring a current list of medications or your original medication bottles.
- Please bring a responsible driver to drive you home. You will not be allowed to leave the hospital without a driver, and we will not perform the procedure without a driver present. **Please note: You will <u>NOT</u> be able to use public transportation.**
- Check in at the front desk of PRATT REGIONAL MEDICAL CENTER with your driver, insurance information, and identification.

IF YOU ARE UNAVAILABLE TO KEEP YOUR APPOINTMENT, PLEASE NOTIFY THE OFFICE WITHIN 48 HOURS PRIOR. IF NO ANSWER PLEASE LEAVE A MESSAGE AS STAFF CHECK MESSAGES DAILY.

620-450-1222 or 620-508-6805