

PREPPING FOR YOUR COLONOSCOPY WITH SUTAB

DO NOT FOLLOW THE PREP INSTRUCTIONS ON THE BOX. FOLLOW AS DIRECTED BELOW

CLEAR LIQUID DIET THE ENTIRE DAY PRIOR TO YOUR PROCEDURE (SEE PAGE1)

The evening prior to your procedure:

4 PM:

- Open 1 bottle of 12 Tablets.
- Fill the provided 16 ounces container with water. (You will do this twice.)
- It is important to swallow **ONE TABLET** at a time with a sip of water every 5 minutes, finishing 16 oz of water per every 6 tablets. (drinking a total of 32 oz)
- One hour after the last tablet is consumed, follow up with 1 more cup of 16 ounces of fluid over a 30 minute period. (A minimum of 48 ounces of fluid should be consumed.)

9PM: Extra prep

- **IF you are not having progressively clear liquid bowel movements by 9 pm, mix and drink 1 dose of miralax every 15 minutes X 4 doses. (1 capful mixed with 8 oz of water)**
- **IF you're not passing clear to yellow liquid by 10 pm, drink another 3 doses of miralax, as directed.**

The day of the procedure:

7 Hours Prior to Procedure:

- Repeat above steps:
- Open 1 bottle of 12 Tablets.
- Fill the provided 16 ounces container with water. (You will do this twice.)
- It is important to swallow **ONE TABLET** at a time with a sip of water every 5 minutes, finishing 16 oz of water per every 6 tablets. (drinking a total of 32 oz)
- One hour after the last tablet is consumed, follow up with 1 more cup of 16 ounces of fluid over a 30 minute period. (A minimum of 48 ounces of fluid should be consumed.)

NOTHING by mouth 4 hours before your procedure time, INCLUDING WATER!

IMPORTANT- Please note that females of childbearing age or 55 and under will be required to provide a urine sample for a pregnancy test at the time of check-in. If you are unable to provide a urine sample the procedure will be canceled.

Excellent or good bowel preparation is essential for correct diagnosis and further endoscopic management. Below are examples of prepping for your colonoscopy correctly and the results this has on the visibility by the physician during your colonoscopy. The end goal is for your bowel movements to be clear to clear yellow.

- Example A shows excellent or good bowel preparation
- Example B shows fair colon preparation
- Example C shows poor colon preparation

