

SUTAB PREP INSTRUCTIONS. Disregard directions included with prescription. FOLLOW ONLY THESE INSTRUCTIONS.

• **CLEAR LIQUID DIET:**

- TAKE ONLY A CLEAR LIQUID DIET THE ENTIRE DAY PRIOR TO YOUR EXAM.
- **NO SOLID FOODS.**
- You may continue on the clear liquid diet up until midnight.
- Start drinking liquids in the morning the day prior to your exam, and drink throughout the entire day.
- Do not just drink the liquids recommended to be taken with your prep. The more you drink on the day prior to your procedure, the better your prep will be.
- NO solids, or milk products.
- NO alcohol on the day before or the day of the procedure.

• **A CLEAR LIQUID DIET IS:**

- **NO RED, PURPLE and BLUE LIQUIDS!**
- Strained fruit juices without pulp (apple, lemonade, white grape)
- Water,
- Gatorade, popsicles, snow cones, Jell-O. (no fruit added, plain Jell-O only)
 - **PERMITTED GREEN, YELLOW, ORANGE**
- Carbonated soft drinks permitted are clear and colas only (coke, pepsi, lemon-lime, ginger ale).
- Clear broth and bouillon permitted
- Coffee or tea WITHOUT creamer/milk.

SUTAB DOSING INSTRUCTIONS

FIRST DOSE – 6:00 pm the evening before your procedure:

1. Open 1 bottle of 12 tablets
2. Fill the provided container with 16 oz. of water (to fill line). Swallow each tablet with a sip of water and drink the entire amount of water over 15 to 20 minutes.

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

DRINKING ADDITIONAL WATER:

3. Approximately 1 hour after the last tablet is ingested, fill the provided container with 16 oz. of water and drink the entire amount within the next 30 minutes.
4. Approximately 30 minutes after finishing the second container of water, drink another 16 oz. of water.

2. Second DOSE - 5 hours prior to your arrival at the facility:

1. Repeat the dosing steps (1 to 4) above 5 hours prior to your arrival at the facility. (EX: arrival is 6:00 am, 2nd dose starts at 1:00 am)
2. You must complete taking all the SUTAB tablets and required water at least 3 hours before you arrive at the facility..... Reminder... FOLLOW ONLY THESE INSTRUCTIONS...Disregard directions with prescription.

DAY OF EXAM

- **MEDICATIONS:** Continue to take your heart, blood pressure, asthma and seizure medications. Take them with only a small sip of water 2 hours or more before your procedure.
- Otherwise, **NOTHING BY MOUTH**, within 3 hours of your arrival at the facility except any approved medications as above.
- The second dose of prep must be finished 3 hours prior to your scheduled arrival time at the facility.
- You will be in recovery for 30-60 minutes after the exam.
- **AFTER YOUR PROCEDURE, YOU WILL NEED A DRIVER TO RETURN HOME. THIS CANNOT BE PUBLIC TRANSPORTATION SUCH AS UBER, LYFT, TAXI, ETC.**