SUTAB **USE THESE DIRECTIONS** **DO NOT USE** **manufacturer instructions**

FOLLOW ALL OF THE STEPS COMPLETELY or your exam may be cancelled.

- Fill the prescription for the laxative solution at the pharmacy of your choice.
- 5-days before the exam: avoid nuts, seeds, corn, popcorn and skins of raw fruits and vegetables. Also **stop iron** supplements 5 days prior (Multivitamin with iron may be continued)
- **1-day before the exam, you may have clear liquids only.** Do not have any milk, cream, or solid food prior to exam.
- DO NOT EAT ANY SOLID FOOD FOR THE ENTIRE DAY PRIOR TO YOUR PROCEDURE

What's considered a "clear liquid"?
A clear liquid is any beverage you can see through. Please avoid red or purple colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices are permitted.

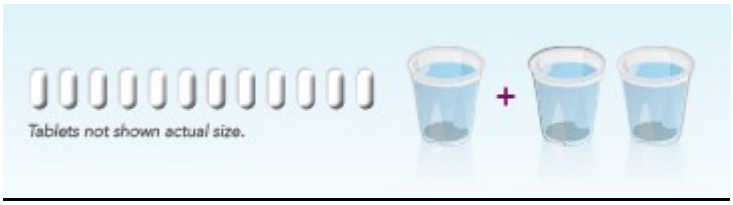
fruit juices popsicle Powerade Pedialyte water
Gatorade 7-Up, Sprite bouillon Kool-aid tea, iced tea lemonade
broth(beef, chicken) Jell-O (no fruit) black coffee

To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process. **We recommend that you have at least 20 oz of Gatorade during the preparation period.**
You are not permitted to have alcoholic beverages 24 hours before or after the procedure.

Step 1: At ____7pm____ (day before exam)

- Open first bottle of 12 tablets
- Fill provided container with 16 oz water (to fill line). Swallow each tab with sips of water and drink entire amount of water over 15-20 min.
- Approx 1 hour after last tablet ingested, fill container again with 16 oz water and drink the entire amount over 30 minutes
- Approx 30 minutes after finishing the second container of water, drink a 3rd container of 16 oz water over 30 minutes

You may have all the clear liquids you like between Step 1 & Step 2.



12 tabs + 16oz + 16oz + 16oz

**Do not rush this process. Use timing described as above*

Step 2: At _____AM PM

- Open second bottle of 12 tablets
- Fill provided container with 16 oz water (to fill line). Swallow each tab with sips of water and drink entire amount of water over 15-20 min.
- Approx 1 hour after last tablet ingested, fill container again with 16 oz water and drink the entire amount over 30 minutes
- Approx 30 minutes after finishing the second container of water, drink a 3rd container of 16 oz water over 30 minutes

You must fast after Step 2. No food or drink, *not even water*, is allowed 4 hours before the exam.

12 tabs + 16oz + 16oz + 16oz

**Do not rush this process. Use timing described as above*

Fasting Time _____ **AM PM**

Arrival Time _____ **AM PM**

Procedure Time _____ **AM PM**

Of course, you must follow a special diet to prepare for a GI procedure but, in addition to that, we ask you to completely fast. ***Fasting means that you are to have nothing to eat or drink — no gum, candy, mints, chewing tobacco not even water or the prep solution.*** *This is necessary due to the sedation or anesthesia that will be used during your test. While you are sedated, or sleeping, fluid from your stomach may be aspirated or move into your lungs. This can be very dangerous causing pneumonia, infection, and in rare instances, can be fatal. Fasting properly will lessen this risk, and help prevent complications.*

The morning of the procedure take your Heart, breathing, seizure and blood pressure medications with a few sips of water.