



valley
GASTROENTEROLOGY
ASSOCIATES



VGA
center for
Obesity Medicine

SUTAB Prep

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).

The Day Before the Exam

The day before the exam you may have **clear liquids only**.

DO NOT HAVE ANY SOLID FOOD, CREAM OR MILK PRODUCTS THE REST OF THE DAY.

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 (orange juice) are permitted. 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.

Clear Liquid Examples

Fruit Juices	Popsicle	Powerade	Water	Pedialyte	Kool-aid®	Tea, iced tea
7-Up, Sprite	Bouillon	Gatorade	Coffee	Jell-O (no fruit)	Broth (beef, chicken)	Lemonade
Soda pop						

You are not permitted to have alcoholic beverages 24 hours before or after the procedure.

Stop drinking all liquids (including prep) at least 4 hours before your colonoscopy.

Step 1: Evening Before Exam At 7pm

- 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.
- Swallow one pill every 1 minute.
- 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 second container of water, drink a third 16-oz container of water over 30 minutes.

12 tabs + 16oz + 16oz + 16oz

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

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

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.
- Swallow 1 pill every 1 minute
- 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 second container of water, drink a third 16-oz container of water over 30 minutes.

12 tabs + 16oz + 16oz + 16oz

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

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



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Day of Exam

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 four hours prior to procedure. Fasting means that you are to have nothing to eat or drink — no gum, candy, mints, chewing tobacco not even water. 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.