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## **PRESCRIBED BOWEL PREP INSTRUCTIONS: SUTAB PREP**

**Please follow these instructions, not the ones on the SUTAB box. This prep is time sensitive and requires you to follow the instructions exactly.**

### **What you will need:**

- Sutab prep (picked up from your pharmacy)
- Clear liquids (see examples below)

### **The day before your colonoscopy:**

- Drink only clear liquids throughout the day starting in the morning (see examples below).
- No red or purple liquids.
- No solid foods or soft foods are allowed.
- No milk or dairy products are allowed.

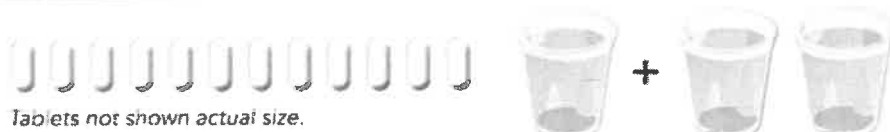
### **Clear liquids are those you can “see through”. Examples include:**

- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Water                                | <input checked="" type="checkbox"/> Kool-Aid or other fruit flavored drinks                |
| <input checked="" type="checkbox"/> Apple Juice                          | <input checked="" type="checkbox"/> Jell-O   |
| <input checked="" type="checkbox"/> White cranberry juice                | <input checked="" type="checkbox"/> Ice popsicles  |
| <input checked="" type="checkbox"/> White grape juice                    | <input checked="" type="checkbox"/> Black coffee (No creamer or milk)                      |
| <input checked="" type="checkbox"/> Tea (no milk or cream)               | <input checked="" type="checkbox"/> Hard candies   |
| <input checked="" type="checkbox"/> Clear broth or bouillon              | <input checked="" type="checkbox"/> Carbonated Soda  |
| <input checked="" type="checkbox"/> Ginger Ale                           | <input checked="" type="checkbox"/> Sports drink (Gatorade, Vitamin Water, Powerade, etc.) |
| <input checked="" type="checkbox"/> Lemon Lime soda / Lemonade (no pulp) |  |

### **If you are having difficulty drinking the prep:**

- If you experience preparation-related symptoms (nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.
- Take a break from drinking, walk around, and then resume drinking the prep.
- For discomfort while wiping, use wet wipes and apply Vaseline/Desitin to the area.*
- Remind yourself, you are doing this for your own health.
- If you are having problems completing your prep or you are still passing brown fluid after completing your prep, please contact the office: 480-563-5757.

**The evening before your colonoscopy:**     /     /     \_\_\_\_\_



- 6:00 pm** you will begin your prep
  - You will consume a total of 12 pills.
  - Fill the provided container to the fill line (16 ounces) with water.
  - Swallow each tablet with a sip of water and finish the entire amount of water in the container over the next 15 minutes.
- 7:00 pm**
  - Fill the provided container, again, to the fill line (16 ounces) with water and drink the entire amount over 30 minutes.
- 8:00 pm**
  - Fill the provided container, a third time, to the fill line (16 ounces) with water and drink the entire amount over 30 minutes.

**The day of your colonoscopy**     /     /     \_\_\_\_\_ **at**     :     \_\_\_\_\_ **am/pm**



- Begin taking the second dose of your prep
  - You will consume a total of 12 pills.
  - Fill the provided container to the fill line (16 ounces) with water and swallow each tablet with a sip of water and finish the entire amount of water in the container over the next 15 minutes.
  - 30 minutes later, fill the provided container, again, to the fill line (16 ounces) with water and drink the entire amount.
  - 30 minutes later, fill the provided container, a third time, to the fill line (16 ounces) with water and drink the entire amount.

**NOTE:** You must complete the entire prep to ensure the most effective cleansing.

**DO NOT DRINK ANYTHING AFTER**     :     \_\_\_\_\_ **am/pm**

**You must not drink anything or put anything in your mouth, including your prep, after the stated time. This includes water, gum, mints, and hard candies. Failure to follow these instructions will result in a cancellation of your procedure.**