

SUTAB **Day Before Your Colonoscopy**

The entire day before the procedure only clear liquids (see list below).

Acceptable clear liquids: (any of the following not colored red or purple)

Apple juice, white grape juice, strained fruit juices without pulp, sports drinks such as Gatorade, Jell-O, popsicles, (read the label, some can contain dairy/fruits), clear soda, tea, black coffee, flavored water or broth.

STOP all broth and Jell-O 8 hours before procedure.

Solid food, milk or milk products are not allowed.

NO MARIJUANA 48 HRS BEFORE PROCEDURE

NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE
INCLUDING GUM, MINTS, CANDY, ETC

SUTAB Dosing Regimen

SUTAB is a split-dose (2-day) regimen. A total of 24 tablets are required to complete the preparation of the colonoscopy. You will take the tablets in two doses of 12 tablets each. Water must be consumed with each dose of SUTAB, and additional water must be consumed after each dose.

***DOSE 1** – The day before the Colonoscopy starting between 3pm and 6pm

STEP 1: Open 1 bottle of 12 tablets.

STEP 2: Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount of water over 15 to 20 minutes.

STEP 3: Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

STEP 4: Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to fill line) and drink the entire amount over 30 mins.

Make a conscious effort to drink as much clear liquids as you can before and during the preparation.

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

Day Of Colonoscopy

DOSE 2 – 5 to 8 hours prior to the colonoscopy take the second bottle of 12 tablets.

Repeat **STEP 1 to STEP 4** from DOSE 1

IMPORTANT: You must complete all SUTAB tablets.

***REMINDER: NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE
INCLUDING GUM, MINTS, CANDY, ETC**

(Once the prep is completed, your stool should be clear to yellow (urine color). If not, please call our office. 520-795-3090. If you do not follow these instructions, your prep may not meet the requirements for us to complete the procedure and could possibly have to be rescheduled.



You must have someone drive you home after your procedure. You will not be allowed to leave by yourself. You will not be able to drive for the remainder of the day.

****Diabetic Patients****

Blood Sugar Management:

Please check your blood sugar more frequently throughout the day during this 2-day prep. When selecting foods listed on the clear liquid diet, please drink regular juices and sodas. You may consume non-diabetic products the day before the procedure. If your blood sugar becomes low during your preparation when you are to be drinking water only, you may drink clear juices to help raise your blood sugar. If you have any concerns regarding your blood sugar, please call our office and speak to one of the nurses. If it is after hours, call the main office number and speak to the physician on call.

A 48-hour (business days) notice is required if you need to cancel or reschedule your appointment, or you will be charged a cancellation fee of \$100.00.