

Sutab Bowel Prep Instruction

One Week Before:

- Avoid eating: seeds, nuts, granola, corn, quinoa, and popcorn
- Review the **Medication Tab** also on the COSC website to hold specific medications.
- Make sure to fill out your health history on www.1MP.com Not doing so could result in a cancellation or a reschedule of your procedure(s).

One Day Before Colonoscopy:

- **CLEAR LIQUIDS ONLY** - no solid food
 - Allowed
 - Clear Fat-Free Broth (any flavor)
 - Tea or Coffee (no creamer or dairy) - sugar/honey are ok
 - Clear juices - apple, white grape
 - Carbonated beverages - Coke, Pepsi, Ginger-Ale, 7UP, Sprite, Ice - flavored water
 - Gatorade or other sports drinks
 - Flavored gelatin (Jello)
 - Popsicles (without milk or fruit pieces)
 - Electrolyte Water - Propel, Smartwater, Fuji Water
 - Clear Ensure - NOT chocolate, strawberry, or vanilla
- **NOTHING THAT IS RED, BLUE, OR PURPLE****
- NOT Allowed
 - No dairy products (including oat and soy milk)
 - No alcohol
 - No juices with pulp (orange, pineapple, grapefruit)
 - No lemons or limes (including lemonade)

It is important that you drink fluids and stay well hydrated prior to your colonoscopy.

****You MUST remain on a clear liquid diet until after your colonoscopy****

Bowel Prep:

- Follow these instructions - DO NOT FOLLOW INSTRUCTIONS ON THE BOX

SuTab instructions:

For your procedure you will take one half of the prep the evening before the test, and the other half the day of the test.

Take one tablet of ondansetron one half hour prior to each dose of SuTab for nausea.

Dose one: at 6 pm Fill the provided container with 16oz of water and swallow each tablet (12) from the first bottle of pills with a sip of water and drink the entire container over 15-20 minutes. Approximately 1 hour after the last tablet is swallowed fill the container again with 16oz of water and drink the entire amount over 30 minutes and repeat with another 16oz of water in 30 minutes.

** It is very important to consume all water as directed for prep to be effective **

DAY OF PROCEDURE:

Dose two: 6 hours before your ARRIVAL time, repeat above directions using the second bottle of tablets (12). Please drink additional clear liquids (water, black coffee - without milk or cream, apple juice, soda pop or club soda) until 4 hours prior to your ARRIVAL start time.

****NOTHING BY MOUTH 4 HOURS PRIOR TO ARRIVAL OR YOUR CASE WILL BE CANCELLED****