



## SUTAB Bowel Prep Instructions

### Two Day Prep

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Doctor: \_\_\_\_\_ Check-In Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

**\*Failure to comply with these instructions may result in a cancellation of your procedure.**

**\*\*You will be given a prescription for the SUTAB to take to your pharmacy, or the prescription will be sent to your pharmacy for you to pick up.**



### Instructions for SUTAB

- If you take any NSAIDs (ex., Ibuprofen, Aleve, Naproxen) or blood thinners such as Coumadin, Plavix, Pradaxa, Xarelto, Cilostazol, Aggrenox, Eliquis, ask your physician for additional instructions for possibly stopping medications before the colonoscopy procedure.
- **Two days before the procedure:** NO fiber, NO raw fruits or vegetables, NO salads or nuts.
- **Day before the procedure:**
  1. Clear liquids only. NO solid foods. NO milk or milk products. NO **red** or **purple** drinks or Jell-O. NO vegetable juice or juice with pulp.
    - **Examples of clear liquids-** Water, Gatorade, Powerade, Apple juice, White grape juice, Tea, Soft drinks, Jell-O, popsicles, black coffee (may add sugar or sweetener), bouillon cubes dissolved in water, Lemonade, and Crystal light.
  2. A total of 24 tablets is required to complete colonoscopy preparation. You will take these tablets in two doses of 12 tablets each. Swallow one (1) tablet every 1-2minutes. You should finish all twelve (12) tablets and the entire 16 ounces of water within 20 minutes. Water must be consumed with each dose of SUTAB, and additional water must be consumed after each dose.
  3. **The day before your procedure, open one (1) bottle of 12 tablets.** Fill the provider cup with water to the fill line. Swallow each tablet with a sip of water and drink the entire amount of water over 15 to 20 minutes. Continue to drink 16 oz of water every two hours.

4. **The day of your procedure (5 to 8 hours before your colonoscopy) , open the second (2) bottle of 12 tablets.** Fill the provider cup with water to the fill line. Swallow each tablet with a sip of water and drink the entire amount of water over 15 to 20 minutes. Continue to drink 16 oz of water every two hours. **You must swallow all tablets and drink all the water at least 2 (two) hours before your colonoscopy.**
5. **Nothing to eat after midnight.**

*\*Important note: If you experience nausea, bloating, or cramping after taking tablets, pause and slow the rate of drinking the additional water until your symptoms diminish.*

#### **Day of procedure**

1. **You will be sedated for the test and MUST have someone drive you home. If no one accompanies you as your driver, the procedure cannot be performed and will be rescheduled. Your driver must remain on the premises during your procedure. Public transportation (taxi, bus, uber driver, etc.) cannot be used.**
  2. If you take blood pressure, thyroid, seizure, or diabetic medication, please take it with only a small sip of water the morning of your procedure.
  3. You are not permitted to drive, drink alcohol, operate machinery, or sign any legal documents the entire day of your test due to the sedation you will receive.
  4. Do **NOT** use smokeless tobacco, chew gum, or have any mints/candy the morning of your procedure
  5. Do **NOT** wear any jewelry or bring any valuables.
  6. You are not permitted to drive, drink alcohol, operate machinery, or sign any legal documents the entire day of your test due to the sedation you will receive.
  7. Plan to be at the facility for about 2-3 hours, depending on the preparation, procedure, and recovery time. Plan on taking the entire day off work, school, etc.
  8. Please provide 72-hour notice if you wish to cancel or reschedule your procedure to avoid a cancellation fee.
- If you have questions about your procedure instructions, don't hesitate to contact your physician's nurse by calling the number below.

**Dr. Angtuaco**- 501-406-9291

**Dr. Hughes**- 501-406-9311

**Dr. McElreath**- 501-406-9331

**Dr. Coppola**- 501-406-9301

**Dr. S. Wofford**- 501-406-9321

**Dr. Patel**- 501-406-9341

**Dr. Coggins**- 501-406-9337

**Dr. J. Jones**- 501-406-9302

**Dr. Svoboda**- 501-406-9351