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SUTAB Preparation for Colonoscopy

Items needed:

- Two Dulcolax laxative tablets (over the counter)
- SUTAB (prescription at your pharmacy), please visit <https://sutab.com/Savings> for coupon.

One week prior to your procedure: Do not take any ibuprofen, Aleve, BC or Goody's Powder, Motrin, calcium, Vitamin E, fish oil, iron pills, herbal products, or arthritis medications. *If you are taking the weight loss drug phentermine, stop use seven days prior to your procedure.*

Two nights before your procedure, at 6 pm: Take 2 Dulcolax tablets with 8 oz. of water.

The day before your procedure: You may have 2 plain eggs for breakfast, but this will be the only solid food for the day. Proceed with liquid lunch and dinner. **For example:** Jell-O, popsicles, Gatorade, and juice (nothing red or purple). Any broth is okay, like chicken broth and beef bouillon. To avoid dehydration, **drink plenty of liquids all day.**

The evening before your procedure, at 6 pm: Fill the provided container with 16 oz. of water (up to fill line). Swallow 1 tablet every 1 to 2 minutes. You should finish the 12 tablets and the entire 16 oz. of water within 20 minutes.



- Approximately **1 hour** after the last tablet, drink 16 oz. of water over 30 minutes.
- Approximately **30 minutes** after finishing the second container of water, fill container to 16 oz. fill line, and drink entire amount over 30 minutes.

****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.

***Do not consume any more liquids by mouth after midnight except the morning prep.**

The morning of your procedure: Starting 5 hours before your arrival time; fill the provided container with 16 oz. of water (up to fill line). Swallow 1 tablet every 1 to 2 minutes. You should finish the 12 tablets and the entire 16 oz. of water within 20 minutes.



- Approximately **1 hour** after the last tablet, drink 16 oz. of water over 30 minutes.
- Approximately **30 minutes** after finishing the second container of water, fill container to 16 oz. fill line, and drink entire amount over 30 minutes. **NOTHING** to eat or drink once this step is completed. This must be completed at least 2 hours before your arrival time.

Please note: If you cannot drink the entire solution, call our office to reschedule your procedure.

*You may take your blood pressure medication the morning of the procedure (at least **3 hours** before arrival) with a **small sip** of water.

***Blood-thinning medications** (such as Coumadin, Plavix, Clopidogrel, Aggrenox, Xarelto, Brilinta, Pradaxa, and Eliquis) will need to be discontinued prior to your procedure. Our office will inform you the number of days prior to your procedure to stop these medications. If you are taking one low dose (81mg) aspirin a day, please **DO NOT STOP ASPIRIN.**

*You will be given medications for sedation and your ride must stay the entire time at the Endoscopy Center. For your safety **you cannot drive, take a taxi, or Uber home.** Expect to be at the center 2-3 hours.

*Due to a limited number of procedure slots, a \$100 fee will be charged for procedures canceled or rescheduled with less than 3 days' notice.