

Instructions for Colonoscopy Preparation with SUTAB[®]

DO NOT follow instructions on box. Follow Instructions Below:

What You will Need to Successfully Complete this Prep:

- Pick up SUTAB[®] - Sent to your pharmacy, pick up within 1 week.
- Simethicone 180mg Soft-Gel Tablets - Purchase over the counter
 - Examples: Gas-X, Phazyme, Mylicon

THE DAY BEFORE YOUR PROCEDURE:

- Follow a clear liquid diet all day. DO NOT have any alcohol, dairy products, solids and nothing with red or purple dyes. It's very important to drink plenty of clear liquids throughout the entire day.
 - Clear Liquid Suggestions:
 - Popsicles (not red or purple)
 - Clear broth or bouillon
 - Black coffee and/or tea (no cream, milk or non-dairy creamer)
 - Clear juice with no pulp (apple, white grape, and lemonade) Do Not have Orange Juice.
 - JELL-O (lemon, lime or orange flavor)
 - Gatorade and/or Powerade (clear, green or yellow)
 - Soda (Sprite, Ginger Ale, 7-Up or Cola)
- 1. At **4:00pm**, take 2 Simethicone Soft-Gel Tablets and then begin your prep.
- 2. Open 1 Sutab bottle which has 12 tablets in the container. Then fill provided container with 16oz of water.
- 3. Swallow each tablet with a sip of water over the next 15-20 minutes.
- 4. 1 hour after the last tablet, fill the container with 16oz of clear liquids and drink entire contents within 30 minutes.
- 5. 30 minutes after, drink another 16oz of clear liquids.
- 6. Continue clear liquid diet remainder of evening.

THE DAY OF YOUR PROCEDURE:

1. **6 Hours** prior to your arrival time, take 2 Simethicone Soft-Gel Tablets and take the second part of your prep.
2. Open the second bottle of Sutab and repeat steps 2-5.
3. Continue clear liquid diet until 4 hours to arrival time.

4 Hours prior to your arrival time, do not have anything by mouth.