



Colonoscopy SuTab Bowel Preparation

PLEASE READ AND FOLLOW ALL INSTRUCTIONS CAREFULLY

Colonoscopy Preparation:

Your physician will need to provide a prescription to purchase SuTab preparation from your pharmacy and will ask that you purchase 2 over-the-counter GasEx pills (simethicone), each pill is 125 mg.

A high-quality colonoscopy requires a well cleaned colon. You will have to take a medicine that will make you have a lot of diarrhea. Please follow the instructions carefully and exactly as they are written so your colon is well cleaned, and you do not get dehydrated. Sometimes, even if you do everything right, your colon might not be clean enough, and the doctor might have to reschedule the procedure. Your doctor will give you advice that is best for your digestive system.

The day before the procedure:

You may eat a small low residue breakfast, such as eggs and white toast. It must be completed by 9 am. ***Avoid any seeds, nuts, raisins, fruit and dairy products*** No more solid food. The remainder of the day you may have any clear liquids such as water, juices, tea, coffee, soda, non-red sports drinks, and non-red Jell-O. Do not consume anything red or purple colored.

Avoid illicit substances 24 hours prior to the procedure and no alcohol or marijuana products for 12 hours prior. All patients will be assessed for signs of impairment on the day of the procedure and if there is any concern, the procedure will be cancelled.

At 5 PM, begin the first half of the preparation:

- A. Open one bottle of 12 tablets.
- B. Fill the provided container with 16 ounces of water (up to the fill line).
- C. Swallow each tablet with a sip of water and drink the entire amount over 15 to 20 minutes.
- D. Approximately 1 hour after the last tablet is ingested, fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.
- E. If you experience symptoms of (bloating, nausea, or cramping) pause the rate of drinking the additional liquid until symptoms diminish.

****The time to onset of action of the first dose of laxatives is very variable. It may not start for hours.**

On the day of the procedure Approximately 5 hours prior to your scheduled arrival time, complete the second half of the preparation:

- A. Open the second bottle of 12 tablets.
- B. Fill the provided container with 16 ounces of water (up to the fill line)
- C. Swallow each tablet with a sip of water and drink the entire amount over 15 to 20 minutes.
- D. Approximately 1 hour after the last tablet is ingested, fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.
- E. Approximately 30 minutes after finishing the second container of water, fill the provided container again with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.
- F. If you experience symptoms of (bloating, nausea, or cramping) pause the rate of drinking the additional liquid until symptoms diminish.
- G. Take 2 pills of GasEx (simethicone), each pill is 125 mg after your second dose of the prep.

You must stop drinking 3 hours before the procedure. If you have anything by mouth, including gum, in the three hours before the procedure, the procedure may be rescheduled.

If you take heart or blood pressure medications, take your pills three hours before the procedure with water (unless advised differently by your doctor).

Note: Please leave all jewelry and valuables at home. Optum Medical is not responsible for the loss of any patient's property. Do not wear contact lenses.