

SUTAB INSTRUCTIONS

Please use this page as a checklist for your preparation.

☐ **ITEMS TO PURCHASE BEFORE YOUR PROCEDURE:**

Please purchase the following items from your local pharmacy prior to your appointment.

- **2 Dicolax (bisacodyl) tablets**- no prescription needed, over the counter.
- **Gas X (Simethicone) 125 mg capsules** – no prescription needed, over the counter.
- **Meclizine 25 mg tablet (for nausea)**- not prescription needed, over the counter.
- **Magnesium citrate- 1 bottle (10 ounces)**- no prescription needed, over the counter.
- **Sutab** - A prescription is required and has been sent to your pharmacy

☐ **FIVE DAYS BEFORE YOUR PROCEDURE: Begin low fiber diet**- see attached instructions.

☐ **THE DAY BEFORE YOUR PROCEDURE : (WHEN YOU WAKE)**

begin clear liquids only – no solid foods may be eaten until after your procedure has been performed/completed.

Please drink 64oz. of clear liquids before starting your prep at 6pm.

- You may consume the following items:
- Coffee, water, or tea. (We agree it's odd, but coffee and tea without milk or creamer is considered a clear liquid)
- Clear carbonated beverages (soft drinks), ginger ale, sprite, sparkling water, etc. No "Energy" beverages.
- Gelatin dessert, (JELLO) plain or fruit flavored. No red or purple coloring/No solid pieces of fruit.
- Apple juice, white grape juice, or white cranberry juice. No pulp, no orange juice.
- Gatorade, Powerade, lemonade, or limeade. No red or purple.
- Clear, fat-free, beef or chicken broths, or bouillon.
- Snowballs, popsicles, slushes. No red or purple coloring, no pulp.
- Avoid any liquids not listed above.

☐ **12:00 PM (the day before procedure):**

- Take 2 Dicolax (bisacodyl) tablets with a glass of clear liquid
- Take 1 simethicone (Gas-X) 125 mg capsule with a glass of clear liquid

☐ **2:00 PM (the day before procedure), for prevention of nausea and vomiting:**

- Take ½ of a tablet (12.5 mg) of Meclizine every 6 hours as needed for nausea and/or vomiting. **DO NOT TAKE MORE THAN 50 MG IN A 24 HOUR PERIOD.**

☐ **3:00 PM (the day before procedure):**

- Drink 1 bottle (10 ounces) of Magnesium citrate

☐ **6:00 PM (the day before procedure) Begin the first portion of the prep.**

1. Add cool water to the provided container to reach the 16 oz. fill line.
2. Swallow each tablet (12 tablets) and ALL the water over 15-20 minutes. (1 tablet every 2 minutes).
3. Approximately 1 hour after the last tablet is ingested, drink 2 additional 16 oz. containers of water using the provided container.

☐ *****AM (THE MORNING OF YOUR PROCEDURE): Complete the second portion of your prep.**

1. Add cool water to the provided container to reach the 16 oz. fill line.
2. Swallow each tablet (12 tablets) and ALL the water over 15-20 minutes. (1 tablet every 2 minutes).
3. Drink 2 additional 16 oz. containers of water.

Please have steps 2 and 3 consumed within 1 hour and 30 minutes ---VERY IMPORTANT---

This entire process is required for the success of the procedure.

After you complete the bowel prep and the required water, you may not have anything else by mouth except for your medications, with a small sip of water.

Please follow these instructions to ensure you have a very good prep. The goal is for stool to be CLEAR OR YELLOW liquid – NO BROWN. Avoid having to repeat the procedure due to a poor prep!

Please call (225)755-4531 or (225)236-5503 if you have any questions about your prep instructions.