

## SUTAB Instructions for Colonoscopy

**Date of procedure:** add date **Arrive at:** add time *Please select*

### Location of Department:

Ochsner Medical Center Please select

Please select

Please select

### As soon as possible:

- **Pick up your prep from the pharmacy**

### On the day before your procedure...

#### DO NOT:

- **Do not EAT solid food**, drink milk or anything colored red.
- Do not drink alcohol.
- Do not take other laxatives while taking SUTAB.
- Do not take oral medications within 1 hour of starting each dose of SUTAB.
- No gum chewing or candy morning of procedure
- **If taking tetracycline or fluoroquinolone antibiotics, iron, digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before and not less than 6 hours after administration of each dose of SUTAB.**

#### DO:

Drink **clear liquids ONLY** - Drink at least 6 to 8 glasses of clear liquids from time you wake up until you begin your prep to avoid dehydration.

#### Liquids That Are OK to Drink:

- Water
- Sports drinks (Gatorade, Power-Aid)
- Coffee or tea (no cream or nondairy creamer)
- Clear juices without pulp (apple, white grape)
- Gelatin desserts (no fruit or toppings)
- Clear soda (sprite, coke, ginger ale)
- Chicken broth (until 12 midnight the night before procedure)

**\*\*\* (Please disregard the insert instructions from pharmacy and follow these instructions).**

#### Note:

- SUTAB is an osmotic laxative indicated for cleansing of the colon in preparation for colonoscopy in adults.
- Medication taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of SUTAB.

**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 decrease.

### How to take prep:

SUTAB is a (2-day) prep. A total of 24 tablets are required for complete preparation for colonoscopy.

**DOSE 1—Day Before Colonoscopy** add date at add time.

**STEP 1** Open 1 bottle of 12 tablets.

**STEP 2** Fill the provided container with 16 ounces of water (up to the fill line). Swallow 1 tablet every 1 to 2 minutes. You should finish the 12 tablets and the entire 16 ounces of water within 20 minutes.

**STEP 3** After 1 hour of completing step 2, drink **at least 32 ounces** of additional water/clear liquids until bedtime, **but more is better.**

**DOSE 2—Day of the Colonoscopy** add date at Please select.

**STEP 1** Open 1 bottle of 12 tablets.

**STEP 2** Fill the provided container with 16 ounces of water (up to the fill line). Swallow 1 tablet every 1 to 2 minutes. You should finish the 12 tablets and the entire 16 ounces of water within 20 minutes.

**STEP 3** After 1 hour of completing step 2, drink **at least 32 ounces** of additional water/clear liquids **until 4 hours before your colonoscopy** then nothing else by mouth or as directed by the scheduling nurse add time.

For more information about your procedure, please watch this informational video.

#### Options for viewing:

- **Using a keyboard:** press and hold the control tab (**Ctrl**) and left mouse click to follow link **[Colonoscopy Video – YouTube](#)**

#### OR

- Type link address into your web browser's address bar:  
**<https://www.youtube.com/watch?v=XZdo-LP1xDQ>**
- **Using a mobile phone:** tap on web address/link.

Comments: