

# SUTAB (THE SHORT STORY)

## ONE WEEK BEFORE THE PROCEDURE

- Arrange for a DRIVER.
- Stop taking IRON, CHARCOAL, and PEPTO BISMOL.
- If you take BLOOD THINNERS, contact your prescribing doctor for instructions on dosing management.

## THREE DAYS BEFORE THE PROCEDURE

- Go to the pharmacy and grocery store to pick up:
  - Preparation medication
  - Clear liquids and low residue foods for the days before the procedure
  - Baby wipes with aloe and/or diaper rash cream
- Stop eating any high residue foods (ex. popcorn, seeds, nuts, raw fruits and vegetables) – nothing that can crunch in your mouth!

## DAY BEFORE THE PROCEDURE

- BREAKFAST AND LUNCH = you may have white food with close to zero fiber (ex. cheese, egg, vanilla yogurt, white bread, chicken) before 2 p.m..
- DINNER = you may have clear liquids only (ex. broth, jello, juice, soda, popsicles) after 2 p.m.. No red or purple liquids!
- 6:00 P.M.
  - Open 1 bottle of 12 tablets.
  - Fill the provided container with 16 ounces of clear liquid (up to the fill line).
  - Swallow each tablet with a sip of water and drink the entire amount over 15 to 20 minutes.
  - Approximately one hour after the last tablet is ingested, fill the provided container a second time with 16 ounces of clear liquid (up to the fill line) and drink the entire amount over 30 minutes.
  - Approximately 30 minutes after finishing the second container of clear liquid, fill the provided container with 16 ounces of clear liquid (up to the fill line) and drink the entire amount over 30 minutes.
  - After that, remember to continue drinking at least 8 oz. of fluid each hour you are awake.
- EVENING = drink at least 8 oz. of fluid each hour you are awake.

## MORNING OF YOUR PROCEDURE

- 5 hours before you plan on leaving for your procedure:
  - Open 1 bottle of 12 tablets.
  - Fill the provided container with 16 ounces of clear liquid (up to the fill line).
  - Swallow each tablet with a sip of clear liquid and drink the entire amount over 15 to 20 minutes.
  - Approximately one hour after the last tablet is ingested, fill the provided container a second time with 16 ounces of clear liquid (up to the fill line) and drink the entire amount over 30 minutes.
  - Approximately 30 minutes after finishing the second container of clear liquid, fill the provided container with 16 ounces of clear liquid (up to the fill line) and drink the entire amount over 30 minutes.
  - Complete all SUTAB tablets and required clear liquids at least 3 hours before colonoscopy.
  - You MUST FINISH the final glass of clear liquid AT LEAST THREE HOURS BEFORE YOUR PROCEDURE!
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  - 3 hours before your scheduled procedure time:
    - Absolutely nothing more to eat or drink!
  - If you take medications for HIGH BLOOD PRESSURE, IRREGULAR HEART BEAT, SEIZURES, ASTHMA, THYROID, or PREDNISONE:
    - Please take your medication with a sip of water the morning of your procedure.
  - 40 minutes before your scheduled procedure time:
    - Check in at **40 Skokie Boulevard in Northbrook, Suite 110.**

IF YOU HAVE ANY FURTHER QUESTIONS  
OR NEED MORE DETAILS, PLEASE REFERENCE  
THE "LONG STORY".



COMPREHENSIVE  
GASTROINTESTINAL HEALTH