



## ***Colonoscopy Preparation Instructions with Sutab***

### **Important Notes:**

- **Read these instructions carefully at least 3 days before your procedure.**
- If you take any **blood thinners, diabetes medications**, or have specific medical conditions, consult your doctor before following these prep instructions.
- **Arrange for a ride** home after the procedure, as you will be sedated and unable to drive.

---

### **3 Days Before Your Colonoscopy**

1. Begin a **low-fiber diet**. Avoid seeds, nuts, whole grains, raw vegetables, fruits with skin, and high-fiber foods.
2. **Stay hydrated** by drinking plenty of water throughout the day.

---

### **1 Day Before Your Colonoscopy**

#### ***Morning***

- **Clear liquid diet only** for the day.
- **Clear liquids** include water, clear broth, apple juice, clear sports drinks, tea, black coffee (no milk or cream), popsicles, and Jell-O (no red, purple, or blue colors).
- **Avoid** dairy products, solid foods, and any red, purple, or blue liquids.

#### **6 PM**

#### ***First 12 tabs***

1. Take the first 12 tablets from the SUTAB kit.
2. Swallow one tablet at a time with a large sip of water. Continue until all 12 tablets are consumed (within 15–20 minutes).
3. Drink 16 ounces (2 cups) of water within 30 minutes of taking the tablets.
4. Repeat by drinking an additional 16 ounces of water within the next 30 minutes.

**1 AM**

**Second 12 tabs**

1. Take the remaining 12 tablets from the SUTAB kit using the same process as above:
2. Swallow one tablet at a time with water until all 12 tablets are consumed (within 15–20 minutes).
3. Drink 16 ounces (2 cups) of water within 30 minutes of taking the tablets.
4. Repeat by drinking an additional 16 ounces of water within the next 30 minutes.

---

**Day of Your Colonoscopy**

1. **Do not eat any food after midnight.**
2. **Stop drinking all fluids** (including water) by **3 AM** before your procedure.
3. If you have any morning medications, it is OK to take them with a small sip of water.

---

**Tips and Reminders:**

- You may experience frequent bowel movements and diarrhea. This is normal during bowel prep.
- If you become nauseous wait for 15-30 minutes then resume the prep
- Your stool should become clear or light yellow (color of urine) as you approach the end of the prep process.

By carefully following these instructions, you'll help ensure a successful and accurate colonoscopy. If you have any questions, don't hesitate to reach out to our office during our office hours at **970-315-1870**.