

# Instructions for Colonoscopy Preparation with SUTAB®

**FOLLOW THE INSTRUCTIONS BELOW AND NOT THE ONES ON THE BOX:**

## What You will Need to Successfully Complete this Prep:

- Pick up SUTAB® - Sent to your pharmacy
- Simethicone 180mg Soft-Gel Tablets - Purchase over the counter
  - Examples:
    - Gas-X
    - Phazyme
    - Mylicon
- **Clear Liquid Suggestions** listed in your colon brochure.

### THE DAY BEFORE YOUR PROCEDURE:

- Soft light diet until 10:00am
  - *Ex: Eggs, plain oatmeal, pudding, soup, apple sauce*
- **After 10:00am**, clear liquids only. **Do not have anything red or purple, no dairy, no solids**

### THE EVENING BEFORE YOUR PROCEDURE:

1. At **4:00pm**, take 2 Simethicone Soft-Gel Tablets and then begin your prep.
2. Open 1 Sutab bottle which has 12 tablets in the container. Then fill provided container with 16oz of water.
3. Swallow each tablet with a sip of water over the next 15-20 minutes.
4. **One hour** after the last tablet, fill the container with 16oz of water or clear liquids and drink the entire contents *within* 30 minutes.
5. **30 minutes** after you finish drinking the clear liquids, drink another 16oz of clear liquids. (*The time to complete prep should take approximately 2 hours*)
6. Continue clear liquids through the rest of the evening/night.

### THE DAY OF YOUR PROCEDURE:

1. **6 Hours** prior to your arrival time, take 2 Simethicone Soft-Gel Tablets and take the second part of your prep.
2. Open the second bottle of Sutab and repeat steps 2-5.
3. Continue clear liquids.
4. **4 Hours prior to your arrival time, do not have anything by mouth.**

*If you have any questions please call our office 860-347-4620*