



## SUTAB Bowel Prep for Morning Procedures

Procedure Date/Time: \_\_\_\_\_

Procedure Location: \_\_\_\_\_

Arrival Location/Time: \_\_\_\_\_

### **THE DAY BEFORE THE PROCEDURE**

**You may have a regular breakfast until 11:00 am then remain on clear liquids the remainder of the day.** Clear liquids DO NOT include ALCOHOL. Any of the following clear liquids are OK:

- Water
- Strained fruit juices (without pulp) including apple, white grape, or white cranberry
- Gatorade (NO RED, ORANGE, OR PURPLE)
- Diet and regular soft drinks (NO RED, ORANGE, OR PURPLE)
- Coffee or tea (DO NOT use any dairy or non-dairy creamer)
- Chicken broth and/or Beef broth
- Jell-O (NO RED, ORANGE, OR PURPLE) and Popsicles (NO RED, ORANGE, OR PURPLE)

### **FOLLOW THESE PREP INSTRUCTIONS ONLY – DO NOT FOLLOW THE INSTRUCTIONS ON YOUR PREP BOX/CONTAINER!**

**At 1:00 PM, take 2 tablets of Zofran (ondansetron).** This will help prevent nausea that may be experienced with this bowel prep. If you still become nauseated during the prep, take the Sutab tablets and water at a slower rate. You may also repeat a second dose of Zofran at 7:00 pm if needed.

**First Dose: At 3:00 PM-** Open 1 bottle of 12 tablets.

- Fill the provided cup with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water. **You MUST complete all 12 tablets within 15-20 minutes.**
- *One hour after taking the last tablet,* fill the cup with 16 ounces of water and drink the entire amount over the next 30 minutes.
- *30 minutes later,* fill cup again with 16 ounces of water and drink the entire amount over the next 30 minutes. *For better cleansing and to keep you hydrated, continue drinking approved clear fluids throughout the evening.*

**Second Dose: At 9:00 PM-** Repeat the instructions above and finish the entire prep by midnight.

- Continue drinking approved clear fluids until midnight/you go to bed.

**NOTHING BY MOUTH AFTER MIDNIGHT EXCEPT PRE-APPROVED MEDICATIONS. THIS INCLUDES WATER, CHEWING GUM, HARD OR SOFT CANDY, TOBACCO, ETC.**

### **THE MORNING OF YOUR PROCEDURE**

- Take only pre-approved medications with a sip of water. Patients scheduled at the hospital should follow the facility's medication instructions when provided.
- Bring insurance card(s). Leave valuables at home.
- **YOU MUST HAVE an adult family member or friend available to take you to, remain on premises during, and take you home after the procedure.**
- **YOU ARE NOT PERMITTED TO DRIVE 12 HOURS FOLLOWING YOUR PROCEDURE.**

SURGICAL & COLONOSCOPY PROCEDURES CANCELED OR RESCHEDULED WITH LESS THAN 5 BUSINESS DAYS NOTICE WILL INCUR A \$100 FEE.