



SUTAB Bowel Prep for Afternoon Procedures

Procedure Date/Time: _____

Procedure Location: _____

Arrival Location/Time: _____

THE DAY BEFORE THE PROCEDURE

You may have a regular breakfast and lunch until 1:00 pm 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 4:00 PM, take 2 tablets of Zofran (ondansetron). This will help prevent nausea that is commonly 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 10:00 pm if needed.

At 6:00 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.
- *Approximately 30 minutes after,* fill the cup again with 16 ounces of water and drink the entire amount over the next 30 minutes. **Continue drinking more clear fluids throughout the evening for better cleansing and to keep hydrated.**

THE MORNING OF YOUR PROCEDURE

At _____ AM, repeat instructions as stated above.

- Continue drinking approved clear fluids until four (4) hours prior to your procedure.
- **You may NOT have anything by mouth 4 hours prior to your procedure except pre-approved medications** or your procedure will be canceled! This includes chewing gum, hard or soft candy, tobacco, etc. **You must be done with the entire prep including clear fluids prior to _____.**
- 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.