



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 one (1) tablet with a sip of water every 5 minutes. **You MUST complete all 12 tablets within one (1) hour of starting.**
- *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.