



SuTab Preparation for Colonoscopy

Name _____ Date _____ Arrival Time _____

Physician _____ Location _____

- **DO NOT TAKE PHENTERMINE FOR 7 DAYS DAYS BEFORE YOUR PROCEDURE**
- **DO NOT TAKE IRON FOR 5 DAYS BEFORE YOUR PROCEDURE**
- **IF YOU TAKE ASPIRIN DAILY, DO NOT STOP IT BEFORE YOUR PROCEDURE**
- **DO NOT SMOKE ON THE DAY OF YOUR PROCEDURE, INCLUDING SMOKING TOBACCO, ELECTRONIC CIGARETTES, MARIJUANA, CIGARS, AND/OR PIPES**

Special Medication Instructions: _____

On the day before your colonoscopy (as soon as you wake up):

1. Begin a clear liquid diet.

On your clear liquid diet you may have:

Coffee (no cream)

Tea

Clear fruit juice (apple/white grape)

Soft drinks (not red or purple)

Popsicles (not red or purple)

Water

Jell-O (not red or purple)

Gatorade (not red or purple)

Lemonade (no pulp)

Clear broth (chicken or beef)

2. At 5:00pm, open the first bottle of 12 tablets. Fill the provided container with water to the 16 oz fill line. Drink a sip of water as you take each of the 12 tablets and finish all of the water over 15 – 20 minutes.
3. 1 hour after the last tablet is swallowed fill the container with water to the 16 oz fill line and drink all of the water within 30 minutes.
4. 30 minutes after the second cup of water is finished, fill the container with water to the 16 oz fill line and finish within 30 minutes.
5. If you notice any nausea after taking the pills, you may want to allow more time between taking each pill.

On the day of your colonoscopy:

1. **5 - 6 hours before your arrival time**, open the second bottle of 12 tablets. Fill the container with water to the 16 oz fill line. Drink a sip of water as you take each of the 12 tablets and drink all of the water over 15 – 20 minutes.
2. 1 hour after the last tablet is swallowed fill the container with water to the 16 oz fill line and drink all of the water within 30 minutes.
3. 30 minutes after the second cup of water is finished, fill the container with water to the 16 oz fill line and finish within 30 minutes.
4. You may take your usual morning medications unless you have been instructed otherwise by the nurse or scheduler.

- **DO NOT DRINK ANY LIQUIDS FOR AT LEAST 2 FULL HOURS BEFORE YOUR ARRIVAL TIME**
- **YOUR DRIVER MUST STAY AT THE CENTER FOR YOUR ENTIRE APPOINTMENT**

Call nursing at (919)791-2040 with any questions.