

# SUTAB Bowel Preparation

All 24 tablets are needed for a successful preparation

(follow these split-dose 2-day instructions not the box instructions)

SUTAB is a prescription item that is called into your preferred pharmacy. If you have not picked up your prep 5 days prior to your procedure, and your pharmacy does not have a prescription called in, notify Gastro Health @ 978-429-2010. Please purchase over the counter Dulcolax laxative tablets.

5 Days Prior to Procedure: start eating a **low fiber diet** (see low fiber diet page)

Day Before Procedure - Start **clear liquid only diet**

**8 AM:** Take (3) over-the-counter Dulcolax laxative tablets.

**4 PM:** Take 4mg of Zofran (generic name Ondansetron) to prevent nausea from the prep (Do not take if you have a history of long QT syndrome, allergy to Zofran (generic name Ondansetron), or if you are taking Apokyn)

**5 PM:** Open 1 bottle of 12 tablets. Fill the empty container with 16 ounces of water (to the fill line). Swallow 1 tablet with a sip of water, wait 1-2 minutes and proceed to take another tablet with a sip of water. Follow the same steps until the 12 tablets and 16 ounces of water are finished. (If you feel uncomfortable, take tablets and water at a slower rate)

**1 hour after finishing tablets:** Fill the empty container with 16 ounces of water (to the fill line) and drink the entire amount over 30 minutes. Then approximately 30 minutes after finishing the previous container of water drink another 16 ounces of water over 30 minutes.

Important to Note: Chills, nausea, and abdominal cramping are normal responses to the prep.

**\*Call 978 429 2010 if you are unable to tolerate the prep\***

Day of Procedure- **Clear liquid diet** (up until 4 hours prior to procedure) + **Bottle 2 of Prep** see below.

**7.5 hours prior to procedure time:** Take 4mg of Zofran to prevent nausea from the prep.

**7 hours prior to procedure time:** Open 2nd bottle of 12 tablets. Fill the empty container with 16 ounces of water (to the fill line). Swallow 1 tablet with a sip of water, wait 1-2 minutes and proceed to take another tablet with a sip of water. Follow the same steps until the 12 tablets and 16 ounces of water are finished. (If you feel uncomfortable, take tablets and water at a slower rate)

**1 hour after finishing tablets:** Fill the empty container with 16 ounces of water (to the fill line) and drink the entire amount over 30 minutes. Then approximately 30 minutes after finishing the previous container of water drink another 16 ounces of water over 30 minutes.

**4 hours prior to procedure time:** Nothing to drink (even water or ice chips) or procedure will be delayed.

If you are not having clear yellow bowel movements after 2nd bottle of SUTAB, call us at 978-429-2010.

## CLEAR LIQUID DIET

Clear liquids only day before and day of colonoscopy,

YES – OK To Have	NO – Avoid These
Water	Milk, Cream or Honey
Apple juice, white grape juice, white cranberry juice	Any red, blue, purple liquids
Limeade or lemonade	Orange or tomato juice
Black coffee or black tea (sugar only ok)	Cream soups
Chicken or Beef Broth	Any soup other than clear broth
Gelatin without toppings (no red, blue, purple)	Oatmeal or cream of wheat
Gatorade or clear sports drinks	Any alcohol

**BUT no liquids (even water/ice chips) for 4 HOURS prior to procedure time.**

**\*Failure to comply with instructions may cause a delay/cancellation of your procedure\***

## LOW FIBER DIET

A low fiber diet is easy to digest and does not leave residue in the colon before procedure.

Eat a low fiber diet days 5 through 2 before colonoscopy.

Type of Food/Drink	YES – OK To Have	NO – Avoid These
Milk and Dairy	Milk, Cream, Hot chocolate, Buttermilk, Cheese including cottage cheese, Yogurt, Sour cream	No yogurt that has nuts, seeds, granola, fruit with skin or berries
Bread and Grains	Breads and grains made with refined white flour, white pasta, white rice, plain crackers, low-fiber cereal (<1g fiber)	Brown/wild rice, whole-grain breads/pasta, high-fiber cereal, bread or cereal with nuts or seeds or flax
Meat	Chicken, Turkey, Lamb, Lean pork, Veal, Fish and seafood, Eggs, Tofu	Tough meat with gristle
Legumes	None allowed	Dried peas, dried beans, lentils, any other legumes
Fruits	Fruit juice without pulp, Applesauce, Ripe cantaloupe and honeydew, Peeled apricots and peaches, Canned or cooked fruit without seeds or skin	Raw, cooked, canned fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon) Raisins/dried fruit
Vegetables	Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips) Potatoes without skin, Cucumbers without seeds or peel	Corn, Potatoes with skin, Tomatoes, Cucumbers with seeds and peel, Cooked cabbage or Brussels sprouts, Green peas, Summer and winter squash, Lima beans, Onions
Nuts, Nut Butter, Seeds	Creamy (smooth) peanut or almond butter	Nuts including peanuts, almonds, walnuts, Chunky nut butter, Seeds such as fennel, sesame, pumpkin, sunflower
Fats and Oils Small amounts for cooking	Butter, Margarine, Vegetable and other oils, Mayonnaise, Salad dressings made without seeds or nuts	No salad dressing made with seeds/nuts
Soups	Broth, bouillon, consommé, and strained soups, Strained milk or cream-based soup	Unstrained soups, Chili, Lentil soup, Dried bean soup, Corn soup, Pea soup
Desserts	Custard, Plain pudding, Ice cream, Sherbet/sorbet, Jell-O/gelatin without added fruit or red or purple dye, Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts	Coconut, Anything with seeds or nuts, Anything with added red or purple dye, Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts
Drinks/Beverages	Coffee, Tea, Hot chocolate, Clear fruit drinks (no pulp), Soda and other carbonated beverages, Ensure, Boost, or Enlive without added fiber	Fruit or vegetable juice with pulp Beverages with red or purple dye
Other	Sugar, Salt, Jelly, Honey, Syrup, Lemon juice	Coconut, Popcorn, Jam, Marmalade, Relishes, Pickles, Olives, Stone-ground mustard