

Sutab Preparation

Your procedure is scheduled on: _____, at _____, with Dr. _____ arrival time: _____

Please pick up your SUTAB BOWEL prep kit from your pharmacy within the next 3-5 days.

One week prior to your procedure do not eat any nuts, dried fruit, fruit or vegetables with seeds, corn, popcorn or raw vegetables.

DAY BEFORE YOUR PROCEDURE:

1. Clear liquid diet for breakfast, lunch and dinner - NO SOLIDS. (Examples: water, clear fruit juices, clear soda, coffee, tea, plain gelatin, clear broth, popsicles and hard candy. (No red, purple or blue).
2. 5:00 PM open one bottle of the 12 tablets. Fill the container with 16 ounces of water, swallow each tablet with a sip of water and drink the entire amount of water over 15-20 minutes.
3. One hour after the last tablet is ingested fill the container with 16 ounces of water and drink entire amount of water over the next 30 minutes.
4. Approximately 30 minutes after finishing the second container of water, fill the container again with 16 ounces of water and drink the entire amount over the next 30 minutes.
5. If you develop nausea, bloating, or cramping, pause or slow the rate of drinking the additional water for about 30 minutes until symptoms improve.

DAY OF PROCEDURE:

1. Take all morning medication 30 minutes prior to starting your prep. Remember: NO SOLID FOODS.
 2. Five hours prior to leaving your home, open second bottle of 12 tablets, fill the container with 16 ounces of water, swallow each tablet with a sip of water and drink entire amount of water over 20-30 minutes.
 3. One hour after last tablet is ingested, fill the container with 16 ounces of water and drink the entire amount over 30 minutes.
 4. Approximately 30 minutes after finishing the second container of water, fill the container again with 16 ounces of water and drink the entire amount of water over the next 30 minutes.
 5. If you develop nausea, bloating or cramping, pause or slow the rate of drinking the additional water until symptoms diminish.
 6. Stop drinking all liquids at least 2 hours prior to leaving your home.
- * If you have difficulty with your evening or early morning prep, please visit our website gastrocentralva.com and look at the Frequently Asked Questions (FAQ). If you still need assistance you can reach our on-call physician by calling the answering service at (434) 845-9516.