**READ IMMEDIATELY**

\*\* Follow instructions below, not the instructions on the box \*\*

**SuTab Preparation Instructions for Colonoscopy**

For 4 days prior to procedure avoid salads, raw fruits & vegetables, nuts, and seeds.

If you are a DIABETIC or on blood thinners (e.g., Coumadin, Plavix), contact our office for

specific instructions. If you take aspirin, you may continue to take it. Stop iron supplements

at least 5 days before the procedure. Take all other medications as usual, including blood

pressure medications.

**DAY BEFORE PROCEDURE**

Clear liquids only! No solid food is allowed until after your colonoscopy is complete. Examples of clear liquids: water, clear carbonated beverages, Gatorade, clear fruit juices, coffee, tea, broth, bouillon, Jell-O. Nothing red, purple, or green. No milk products, alcohol, hard candy, or gum.

*At approximately 4 PM*, open 1 bottle of 12 tablets. Fill the provided container with 16 ounces of water (up to the fill line).

Part 1 (30 minutes) take 1 tablet every 5 minutes (6 tabs over 30 minutes), with 16 oz of water total.

Part 2 (30 minutes) drink 8 oz of any clear liquid you choose (see examples above) over 30 minutes.

Part 3 (30 minutes) repeat Part 1 (take 6 tablets slowly over 30 minutes, with 16 oz water).

Part 4 (30 minutes) repeat Part 2, drink 8 oz of any clear liquid over 30 minutes.

\*\*If you get cramps or nausea, take the tablets and liquids more slowly.

**DAY OF PROCEDURE**

*Approximately six to eight (6 to 8) hours prior to your scheduled procedure*, open the second bottle of 12 tablets. Fill the provided container with 16 oz of water (up to fill line).

Part 5 (30 minutes) take 1 tablet each 5 minutes (6 tabs over 30 minutes), with 16 oz of water total.

Part 6 (30 minutes) drink 8 oz of any clear liquid you choose (see examples above) over 30 minutes.

Part 7 (30 minutes) repeat Part 5 above, slowly over 30 minutes.

Part 8 (30 minutes) repeat Part 6 above, slowly over 30 minutes.

**IMPORTANT:** You must use all the tablets and drink a total of 96 oz of clear liquid. You must

finish 4 hours prior to your scheduled procedure, then *nothing more to eat or drink* until after your procedure.

\*\*\*\*\*\*\*\*\* Call 585-720-1550 with any questions \*\*\*\*\*\*\*\*\*