



Hampton Roads Gastroenterology

501 Medical Drive, Hampton VA 23666

Tel: 757-826-3434 Fax: 757-826-9028

SUTAB Bowel Prep for Colonoscopy

Please read all prep instructions, as well as the Procedure Instructions also provided.

- Obtain your prep kit from the pharmacy as soon as possible. **Please follow the instructions below for the bowel prep.**
- If you have any problems with your prep, please call the office at 826-3434.

For the 3 days prior to your procedure: Avoid greens, vegetables, leafy foods, corn, seeds, & fruits with seeds.

On the day before the procedure:

1. You may only have CLEAR LIQUIDS. Try to drink something every hour that you are awake.
You may have: apple juice, white grape juice, Jell-O (ONLY green or yellow), popsicles (ONLY green or yellow), 7-UP, Sprite, Ginger Ale, weak tea, CLEAR broths (with no food in it), and bouillon cubes.
You MAY NOT have: orange juice, coffee, Coke, Pepsi, solid foods, milk, any broths with bits of food or highly seasoned broths, or alcoholic beverages.
2. If you are *extremely* hungry, you may have a cup of blended yogurt (no fiber) or a nutrition drink such as Boost or Ensure before 2 PM.
3. Between 5 and 7 PM, you will begin the Sutab. Open one bottle of 12 tablets.
4. Add cool drinking water to the 16-ounce line on the cup and mix. Swallow each table with a sip of water and drink entire 16-ounce amount over a 15-20 minute period.
5. ONE hour after the last tablet is ingested, drink another 16-ounces of water over a 30 minute period.
6. Wait 30 minutes after finished the second container of water, then drink another 16 ounces of water over a 30 minute period.
7. If you experience prep-related symptoms (i.e. nausea, bloating, cramping), pause or slow the rate of drinking the additional water until symptoms diminish.

On the morning of your procedure:

1. In the morning, 5-8 hours before your procedure time, open the second bottle of 12 tablets.
2. Fill provided container with 16 ounces of water (up to fill line), swallow each tablet with a sip of water and drink entire amount over a 15-20 minute period.
3. ONE hour after the last tablet is ingested, drink another 16-ounces of water over a 30 minute period.
4. Wait 30 minutes after finished the second container of water, then drink another 16 ounces of water over a 30 minute period.
5. Complete all tablets and water at least 3 hours prior to colonoscopy. **YOU MUST STOP DRINKING ALL LIQUIDS 3 HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME. YOU MAY NOT EAT ANY FOOD ON THE DAY OF YOUR PROCEDURE.**

You must have a driver for your procedure; you will be sedated and not allowed to drive yourself. You may not take a taxi or bus home from the procedure. If you arrive without a driver, you may be charged a \$150 fee.

Risk for Renal Impairment:

Sutab should be used with caution in patients with known or suspected impaired renal function, history of acute phosphate nephropathy, electrolyte disturbances, or people taking concomitant medications that may affect electrolyte levels (such as diuretics).

This FDA warning does NOT apply to polyethylene glycol preparations (GoLytely, Suprep, Moviprep, Clenpiq, Plenvu).

By signing below, I acknowledge that I understand the risk of possible acute kidney injury associated with the Sutab bowel prep and accept full responsibility.

Patient Name

Date

Patient Signature