

COLONOSCOPY PREP INSTRUCTIONS

SUTAB[®] SODIUM SULFATE, POTASSIUM SULFATE & MAGNESIUM SULFATE

Note: Please do not follow the directions on the bottle. Follow the directions written below!

01. Five days before your Colonoscopy

- Start a low fiber diet, focus more on meat and rice rather than fruits and vegetables.
- Stop iron, including medications or vitamins that contain iron.
- Make sure to have someone 18 years old or older drive you to and from your procedure.
- Drink plenty of liquids.

02. Three days before your Colonoscopy

- **Please avoid the following until the day of your procedure:** Vegetables such as corn, nuts, seeds, broccoli, cauliflower, carrots, celery, protein bar or shake and dairy products.

03. THE DAY BEFORE your Colonoscopy

- Drink only clear liquids. You can still have jello or water-based popsicles, as long as they are not colored as red or purple, or you can opt for fat-free broth as a substitute. Do not take oral medications within 1 hour of starting each dose of SUTAB[®]. If taking tetracycline or fluoroquinolone antibiotics, digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before and not less than 6 hours after administration of each dose of SUTAB[®].

At 3:00 pm: Start taking your bowel prep.

- **Directions:** Open the first bottle of 12 tablets.
- Add cold water to the 16 oz. line on the provided container.
- Swallow one of the 12 tablets every 2 minutes using the water you just poured. Finish the entire amount of water within 20 minutes.
- Wait about an hour after finishing your final tablet and drink a second container of 16 oz. of water over 30 minutes.
- Wait for another 30 more minutes and drink a third container of 16 oz. of water over 30 minutes.
- **Stay close to a bathroom.** Cleaning your colon causes diarrhea.

04. THE DAY OF your Colonoscopy

It is OK to take medications up to 2 hours before your procedure unless instructed otherwise by your healthcare provider.

- **6 hours before your procedure,** Swallow the other 12 tablets with another 16 ounces of water
- **2 hours before your procedure:** Stop drinking all liquids.

IMPORTANT NOTE! If you need to cancel or reschedule your appointment, please call 619-588-4074 and select option 1. Cancellations made less than 5 business days before the procedure will incur a \$150 fee. This fee also applies for no-shows or cancellations due to improper preparation for the procedure.

