

SUTAB BOWEL PREP KIT

THE DAY BEFORE YOUR PROCEDURE



No Solid Food!

CLEAR LIQUID

<input checked="" type="checkbox"/> ALLOWED CLEAR LIQUIDS	<input type="checkbox"/> NOT ALLOWED LIQUIDS
Strained Chicken, beef or vegetable broth	Cream Soups
Black coffee, black tea (no milk, no non-dairy creamer)	Milk or non-dairy creamer
Carbonated and non-carbonated soft drinks	
Gatorade, Pedialyte, PowerAde	Smoothies, Protein shakes
Kool-Aid or other fruit flavored drinks	Tomato Juice
Apple juice, white cranberry/grape juice	Juice with pulp like orange/grapefruit
Jell-O, popsicles	Nothing red or purple

SUTAB

SUTAB contains 2 doses of 12 tablets

- **STAY HYDRATED!** Drink plenty of water to replace what you lose during the prep.
- **STAY CLOSE TO THE BATHROOM!** You may begin to have bowel movements in as little as 30 minutes.
- **FOLLOW** the instructions provided by the office staff for your prep solution.

DO NOT FOLLOW THE INSTRUCTIONS ON THE BOX OR CONTAINER OF YOUR PREP SOLUTION

_____ PM-1st dose

1. Open 1st bottle of 12 tablets.
2. Fill the provided container with 16 oz of water. Swallow each tablet with sip of water and drink the entire amount of water over 15-20 minutes.
3. Approximately 1 hour after the last tablets ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount.
4. Drink at least two more 16-ounce containers of water over the next hour.
5. Continue to consume only clear liquids up until midnight.

IMPORTANT: if you experience preparation -related symptoms (nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.

_____ PM- 2nd dose

1. Open 2nd bottle of 12 tablets
2. Repeat Step 1- Step 4

YOU WILL BE READY FOR YOUR PROCEDURE WHEN:

- You have read through and followed all instructions
- You have completed ALL of your prep solution/laxative.
- Your bowel movements are clear yellow fluid, like urine and you can see the bottom of the toilet.
- You have arranged and confirmed a ride home with family member or friend.

Call 770-995-3113, if you have any problems taking the prep OR if your bowel movements are not clear yellow liquid.