

# SUTAB<sup>®</sup>

## SUTAB BOWEL PREP INSTRUCTIONS

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### What to Eat the Day Before Your Colonoscopy

Please follow a low residue diet and do not eat anything after starting the bowel prep. Eat what is permitted unless otherwise directed by your doctor.

### What You CAN Do

- You may have a low residue breakfast only. Low residue breakfast foods include eggs, white bread, cottage cheese, yogurt, grits, coffee, and tea.
- You may have clear liquids.

### What You CANNOT Do

- Do not drink milk or eat or drink anything colored red or purple.
- Do not drink alcohol.
- Do not take other laxatives while taking SUTAB.
- Do not take oral medications within 1 hour of starting each dose of SUTAB.
- If taking tetracycline or fluoroquinolone antibiotics, iron, 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.

### Liquids That Are OK to Drink

- Coffee or tea (no cream or nondairy creamer)
- Fruit juices (without pulp)
- Gelatin desserts (no fruit or topping)
- Water
- Chicken broth
- Clear soda (such as ginger ale)

### The Dosing Regimen

SUTAB is a split-dose (2-day) regimen. A total of 24 tablets is required for complete preparation for colonoscopy. You will take the tablets in two (2) doses of 12 tablets each. Water must be consumed with each dose of SUTAB, and additional water must be consumed after each dose.

## **DAY 1, DOSE 1 - The day BEFORE your colonoscopy**

1. Open 1 bottles of the 12 tablets
2. Fill the provided container with 16 ounces of water (up to the fill line).  
Swallow 1 tablet every 1-2 minutes. You should finish the 12 tablets and the entire 16 ounces of water within 20 minutes.

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

3. Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.
4. Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up the the fill line), and drink the entire amount over 30 minutes.

## **DAY 2, DOSE 2 – The day OF your colonoscopy**

The day of your colonoscopy, 5 to 8 hours prior to your procedure and no sooner than 4 hours from starting Dose 1, open the second bottle of 12 tablets and repeat steps 1-4 from Day 1, Dose 1.

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