

SUTAB PREP INSTRUCTIONS

Warning: Prior to starting Prep, please be aware of strict diet instructions. It is required to begin a low fiber diet 2-3 days prior to your procedure. A liquid diet is REQUIRED a day before the procedure, **NO** solid foods to be consumed. No food or drink after midnight the night before procedure. Failure to comply with diet will result in rescheduling your procedure.

DOSE 1—Start first dose the day prior to your colonoscopy beginning at 6:00 p.m.

Take the tablets with water.

STEP 1: Open 1st bottle with 12 tablets.

STEP 2: Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount of water over the span of 15 to 20 minutes.



IMPORTANT: If you experience preparation-related symptoms: nausea, bloating, cramping; pause or slow the rate of drinking the additional water until your symptoms subside.

STEP 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 within 30 minutes.

STEP 4: Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount within 30 minutes.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT – WITH EXCEPTION OF YOUR PRESCRIBED PREP!

DOSE 2—Start 2nd dose the day of your Colonoscopy, 6 hours prior to your procedure arrival time.

STEP 1: Open the second bottle of 12 tablets.

STEP 2: Repeat STEP 1 through STEP 4 from instructions on dose 1.



Day of Procedure:

Medications: Continue taking medications for heart, blood pressure medication, asthma, and seizure. Take only a small sip of water, no later than 2 hours prior to your procedure.

If you have any questions, please call: 214-496-1100

Approved Foods to Eat on Day 2 and Day 3 Prior to Your Procedure:

- Chicken, turkey, lamb, lean pork, fish, eggs
- Breads and grains made with refined white flour
- White rice
- Plain crackers like Ritz or Saltines
- Sour Cream, yogurt, cheese, cottage cheese, milk
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple
- Jell-O, none that have fruit chunks, none that red, blue or purple

Approved Foods to Eat Day Before Your Procedure:

- Water
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple
- Jell-O, none that have fruit chunks, none that red, blue or purple



Avoid These Foods 3 days prior to your procedure:

- NO Nuts
- NO Seeds
- NO Granola
- NO Fruit with seeds
- NO Dried Fruit
- NO Raw fruit with skin membranes (includes berries, pineapples, oranges, watermelon)
- NO Brown or wild rice
- NO While grain bread, rolls, pasta, or crackers
- NO Bread or cereal with nuts or seeds
- NO Beans
- NO Potatoes with skin
- NO Cucumbers or pickles
- NO Cabbage or Brussel sprouts
- NO Green Peas, Squash, Onions, Corn, Tomatoes
- NO Soup that's not broth
- NO Popcorn
- NO Juice with pulp
- NO Baked goods with whole grain flour or nuts
- NO food or drink with dye that is in blue, red, or purple color

Avoid These Foods 24 hours prior to your procedure:

- NO food or drinks with dye that is Red, Blue, or Purple.
- NO Alcoholic beverages
- NO Milk products or smoothies
- NO Juices with pulp
- NO Soup
- NO SOLID FOOD, LIQUID DIET ONLY