

# SUTAB COLONOSCOPY PREP INSTRUCTIONS

**Your procedure is scheduled on:** \_\_\_\_\_

**Your arrival time is:** \_\_\_\_\_

*(Your arrival time may change up to the day before the procedure)*

**Location of procedure:**

- Tahoe Forest Hospital, Main Lobby Entrance  
10121 Pine Avenue, Truckee, CA
- Incline Village Community Hospital  
880 Alder Avenue, Incline Village, NV

**QUESTIONS?** For more information on pre-colonoscopy diet suggestions, suggestions if you have constipation, medication instructions, and troubleshooting tips, go to **TFHD.com/colonoscopy** or call **(530) 582-3455** and leave a voicemail.

**Post-Procedure Pick Up:**

**Arrange** for a responsible person to pick you up after your exam. Your driver must stay within 20 minutes of Tahoe Forest Hospital/Incline Village Community Hospital during the procedure. **You may not drive yourself home or take TART buses for the remainder of the day.** You may arrange for TART Connect if you live in Truckee or use UBER, if necessary.

**1 WEEK BEFORE COLONOSCOPY** \_\_\_\_\_

**Purchase the following:**

- Sutab:** A prescription medicine available from your preferred pharmacy.
- Simethicone (Gas-X):** 2 tablets, 125mg each. Simethicone is an over-the-counter drug that will help relieve any gas pain or pressure. It is available from your preferred pharmacy or drug store.

**3 DAYS BEFORE COLONOSCOPY** \_\_\_\_\_

**Low-Fiber Diet:**

Eat a **Low-Fiber Diet** beginning 3 days prior to your exam, selecting low-fiber foods such as milk, cheese, yogurt, chicken, fish, and eggs.

**Avoid** high-fiber foods such as bread and cereal with seeds or nuts, raw vegetables, and fruits with peels and any berries.

---

**The colonoscopy preparations are taken in two parts: the 1<sup>st</sup> part is taken one day before, and the 2<sup>nd</sup> part is taken the morning of your procedure.**

---

## 1 DAY BEFORE COLONOSCOPY

---

### When you wake up:

#### — Begin **CLEAR LIQUID DIET** only, including:

- **Water** – tap, sparkling, seltzer, coconut (no pulp)
- **Juice** – apple, white grape, white cranberry
- **Gatorade** – yellow, green, orange, clear
- **Jell-O** – yellow, green, orange
- **Clear broth or bouillon** – chicken, beef, or veggie flavors
- **Coffee, Tea** without any creamer (dairy or non-dairy)
- **Gummy Candies**

### At 3:00 pm the day before your colonoscopy, open your first bottle of Sutabs:

- Open bottle of Sutabs, should be 12 tablets
- Fill the enclosed cup with 16 ounces (2 cups) of water. Swallow each tablet with water, finishing 12 tablets and 16 ounces of water in approximately 30 minutes
- Approximately 1 hour after finishing tablets and water above, drink another 16 ounces (2 cups) of water over 30 minutes
- Approximately 30 minutes after finishing above, drink another 16 ounces (2 cups) of water over 30 minutes

## DAY OF COLONOSCOPY

---

### At \_\_\_\_\_ (6 hours prior to arrival) open your second bottle of Sutabs:

- Open bottle of Sutabs, should be 12 tablets
- Fill the enclosed cup with 16 ounces (2 cups) of water. Swallow each tablet with water, finishing 12 tablets and 16 ounces of water in approximately 30 minutes
- Approximately 1 hour after finishing tablets and water above, drink another 16 ounces (2 cups) of water over 30 minutes
- Approximately 30 minutes after finishing above, drink another 16 ounces (2 cups) of water over 30 minutes

At \_\_\_\_\_ (2 hrs prior to arrival) **TAKE NOTHING BY MOUTH, INCLUDING WATER.**  
**NO gum, candy, ice or chewing tobacco.**

Take your prescription medications with a small sip of water.

### Common Sutab Side Effects:

- Nausea, bloating, cramping, and vomiting may occur. If so, take a break from drinking the prep for 30 minutes. Resume drinking until it is all finished, taking breaks as needed.
- A bowel movement will usually occur within an hour after finishing prep and water, but can take 3-4 hours. Everyone is different.
- Bowel movements will become watery and frequent until colon fully cleanses. The result should be clear or pale yellow or pale green.