



COLON, STOMACH & LIVER CENTER, LLC | LOUDOUN ENDOSCOPY GROUP

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SUTAB Colon Prep: (Do Not Follow the Instructions on the Box)

Diet Information

From midnight two (2) days before until midnight one (1) day before you will be on a clear liquid diet only, no solid foods (the entire 24 hour day before your procedure). After midnight on one (1) day before (the night before your procedure) you will remain NPO (nothing by mouth) until after your scheduled procedure.

Prep Instructions: Completed the Day before the Procedure

STEP 1: At 4:00 PM one (1) day before your procedure.

Take the tablets with water

- A. Open 1 bottle of 12 tablets
- B. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water every 1 to 2 minutes, and drink the entire amount of water over 15 to 20 minutes

Drink additional water

- C. 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
- D. 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 over 30 minutes

STEP 2: At 8:00 PM one (1) day before your procedure. (No sooner than 4 hours after starting step 1)

Take the tablets with water

- A. Open the second bottle of 12 tablets
- B. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water every 1 to 2 minutes, and drink the entire amount of water over 15 to 20 minutes

Drink additional water

- C. 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
- D. 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 over 30 minutes

Additional Information

If you experience preparation-related symptoms (nausea, bloating, cramping, etc.), pause or slow the rate of drinking the additional water until your symptoms diminish. You can continue to drink clear liquids up until midnight.

After midnight, do not eat or drink until after your procedure.

If you are having an emergency or do not start having bowel movements, 2 hours after step 2, call (703) 723-3670 to reach the on-call provider.

The day of your procedure:

Do NOT eat anything the day of your procedure. Do NOT drink anything after 12 AM the day of your procedure. If you do, there is a risk of aspiration with the sedation. Therefore, your procedure may be cancelled or delayed. You may resume a normal diet after the procedure.

For additional information, please visit our website, www.loudounslcenter.com.