

# COLONOSCOPY PREPARATION INSTRUCTIONS

Please read this entire document to ensure your **SUTAB** bowel preparation is correctly performed

## STEP 1

### 7 DAYS BEFORE PROCEDURE

#### DO

-Ensure you have received your **Prep Package** from **Gift Health** or Rx sent to your pharmacy  
-All of your prep supplies and instructions will be provided. Follow the instructions provided by us  
You should have received:

- **SUTAB**
- **MIRALAX**

#### DON'T

-Inject your weekly GLP-1  
-Take your PRESCRIBED BLOOD THINNER. You will have been given instructions on when to hold this medication prior to your procedure. **If you have not been given specific instructions, please immediately call us at (530) 246-7000**

## STEP 2

### 3 DAYS BEFORE PROCEDURE

#### DO

-**After lunch:** Mix 2 capfuls of **MIRALAX** (34g) in any 8 to 16 oz of water, gatorade or plain juice. **You will repeat this step for the next 2 days after lunch**  
-Confirm you have a driver on procedure day.

#### DON'T

-Eat high fiber foods/roughage (You will be on a **Low Residue diet** today and transition to a **Soft Diet tomorrow**)  
-Eat nuts and seeds

## STEP 3

### 1 DAY BEFORE PROCEDURE

#### DO

Start a **Clear Liquid Diet** in the morning and continue until 3 hours prior to your procedure.  
**If you are on any diabetic meds please refer to the Diabetic Med Guide provided in your Prep Package**

**Lunch:** Mix 2 capfuls of **MIRALAX** (34g) in water, Gatorade or plain juice and drink.

**Starting at 5PM: SUTAB is a two-dose regimen. You will start Dose 1 tonight & Dose 2 five hours prior to your procedure**

- There are a total of 24 tablets divided into 2 doses
- Open **1 bottle of 12 tablets**, fill the provided 16 oz container up to the fill line and **swallow 1 tab every 1-2 minutes with a sip of water** from the container. **Drink all 16 oz over the next 20 minutes.**
- Consume two more 16 oz containers of water
- *If nausea, bloating or cramping occurs, pause or slow the rate until symptoms diminish*

**\*\*YOU MAY DRINK CLEAR LIQUIDS UP UNTIL 3 HOURS BEFORE YOUR PROCEDURE\*\***

## STEP 4

### DAY OF PROCEDURE

#### DO

Take your regular morning medications with small sips of water. **ESPECIALLY your BLOOD PRESSURE MEDS**  
**Refer to the Diabetic Med Guide**

#### DON'T

Eat Solid Food or drink Dairy Products, Alcohol, Red/Purple Colored Products

#### **5 HOURS BEFORE ARRIVAL Finish Dose 2:**

- Open the 2nd bottle of tablets, fill the 16oz container with water and repeat the process above
- Consume two more 16 oz containers of water
- Your bowel movements should be: liquid and clear/yellow

#### **3 HOURS BEFORE Arrival:**

-STOP ALL LIQUIDS  
-NO gum, mints, hard candy, marijuana, cigarettes, chewing tobacco

**If you have any preparation issues or questions, contact the Procedure Center at 530-246-7000**

**REDDING  
ENDOSCOPY  
CENTER**