



Digestive Specialists, Inc.  
Digestive Endoscopy Center, LLC  
www.digestivespecialists.com

## 2 Day Sutab Prep Instructions

***Please read these instructions thoroughly to ensure a successful preparation for your procedure.***

Date \_\_\_\_\_ Time of Arrival \_\_\_\_\_

- Sugarcreek Twp.** 4340 Clio Road
- Dayton** 1530 Needmore Road, Suite 100
- Huber Heights** 5697 Shull Road
- Springboro** 77 W. Eleanor Drive
- Miami Valley Hospital** One Wyoming Street, Dayton, 45409
- Kettering Medical Center** 3535 Southern Boulevard, Kettering, 45429

### Colonoscopy Prep

1. Sutab  
- 2 bottles
2. Dulcolax (bisacodyl)  
Laxative  
- 2 tablets
- 1 bottle of Magnesium  
Citrate (only if checked)

You are scheduled with Dr. \_\_\_\_\_

The Medical Assistant may be reached at \_\_\_\_\_.

After 5:00 PM or on weekends, call (937) 534-7330 to page your doctor.

## Important Information

- For 7 days prior to your procedure stop taking iron supplements.
- For 3 days prior to your procedure drink plenty of fluids to hydrate yourself
- Take heart, blood pressure or seizure medications with a small amount of water up to 2 hours before your procedure.
- Complete the entire preparation. If you experience preparation-related symptoms (nausea, bloating, cramping), pause or slow the rate of drinking the additional water until symptoms diminish:
  - If you still cannot finish the prep, please call us at the number listed above.
- Bring a licensed driver. You will not be allowed to drive home.
- You may *not* take a cab alone.
- Do not smoke on the day of your procedure.



On \_\_\_\_\_ (Two days prior, only if box is checked)

- Drink 1 bottle of Magnesium Citrate (over the counter) at 6 pm

On \_\_\_\_\_ (Day before your procedure)

- A low residue breakfast may be consumed. (eggs, white bread, cottage cheese, yogurt, grits, coffee and tea).
- After breakfast, only clear liquids. 
- Drink as much clear liquid as you can all day in order to remain well hydrated.
- At 12:00 noon, take 2 Dulcolax (bisacodyl) tablets
- At 4:00 pm, Open 1 bottle of 12 tablets
- Fill the provided container with 16 ounces of water (up to fill line). Swallow each tablet with a sip of water and drink the entire amount over 15-20 minutes.
- Approximately 1 hour after the last tablet, fill the container a second time with 16 ounces of water and drink the entire amount over 30 minutes.
- Approximately, 30 mins after finishing the second container of water fill again with 16 ounces of water and drink over 30 mins.

### Clear Liquids Diet

(Liquids that you can see through)

- Gatorade( *is preferred*)
- Clear fruit juices, white grape juice and apple juice
- Kool-Aid or PowerAde
- Clear soup, broth or bouillon
- Water
- Tea or coffee - *No cream*  
(May have sugar)
- Hard candies
- Soda pop
- Jell-O or popsicles
- Nothing red or purple
- No alcoholic beverages
- No protein drinks or smoothies

2<sup>nd</sup> Half of Sutab Prep - ***Even if you are passing clear liquid the night before, you still need to complete the prep.***

On \_\_\_\_\_ at \_\_\_\_\_ AM / PM (6 hours before your arrival time)

- Open second bottle of 12 tablets
- Fill the container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount over 15-20 minutes.
- Approximately 1 hour after taking the last tablet, fill the container a second time with 16 ounces of water and drink the entire amount over 30 minutes.
- Approximately 30 minutes after finishing the second container of water, fill the container again with 16 ounces water and drink the entire amount over 30 minutes.

*After completing the second part of the prep:* Do not drink anything else. Do not

chew gum or eat hard candy.

