

SUTAB INSTRUCTION SHEET

DATE: * TIME: *** CHECK-IN (You must have a driver)**

Your procedure has been scheduled with {Providers:27850} at:

{Procedure Performed At:27902}

EXTREMELY IMPORTANT TO FOLLOW THIS INSTRUCTION SHEET

PLEASE FOLLOW THE LOW RESIDUE GUIDELINES FOR 1 WEEK PRIOR TO PROCEDURE:SEE ATTACHED.

Prior to your procedure you will need to purchase the following over-the-counter: **Chewable Gas-X tablets (4 count)(ANY COLOR)**. These can be purchased in the digestive health section of any store.

WHEN YOU WAKE UP THE DAY BEFORE YOUR COLONOSCOPY: ***

1. **NO FOOD, ONLY CLEAR LIQUIDS** may be taken the day before your exam:

- You may have sport drinks, clear juices, soup broth, jello, or popsicles.
- Coffee is okay with **NO** cream
- **DO NOT** drink milk or alcoholic beverages
- **NO RED, BLUE OR PURPLE LIQUIDS**

2. **At 5 PM** on the evening before procedure complete step 1 through 4 using one (1) 12-TABLET BOTTLE:

Step 1. Open 1 bottle of 12 tablets, and fill the provided container with 16 oz of water. (up to fill line), Take 2 chewable Gas-X tablets now.

Step 2. Swallow each tablet ONE-AT-A-TIME with a sip of water. Drink the entire amount and 12 tablets over 15-20 minutes.

Step 3. At 6:15 PM Fill the provided container a second time up to the fill line (16 oz) and drink the entire amount over 30 minutes.

Step 4. At 7:15 PM Fill the provided container a third time up to the fill line (16 oz) and drink the entire amount over the next 30 minutes.

MORNING OF COLONOSCOPY: ***

1. At ***AM (5 hours prior to check in) repeat steps 1-2 using the other 12-tablet bottle, take 2 chewable Gas-X tablets with this dose as well. **SEE ABOVE.**

2. At *** AM (4 hours prior to check in) Fill the provided container a second time up to the line (16 oz) and drink the entire amount over the next 30 minutes.

3. At *** AM (3 hours prior to check in) Fill the provided container a third time up to the line (16 oz) and drink the entire amount over the next 30 minutes.

4. **After *** AM (2.5 hours prior to check in) you CANNOT have anything else to drink, NOT EVEN WATER.**