



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 _____

- | | |
|---|---|
| <input type="checkbox"/> Sugarcreek Twp. | 4340 Clio Road |
| <input type="checkbox"/> Dayton | 1530 Needmore Road, Suite 100 |
| <input type="checkbox"/> Huber Heights | 5697 Shull Road |
| <input type="checkbox"/> Springboro | 77 W. Eleanor Drive |
| <input type="checkbox"/> Miami Valley Hospital | One Wyoming Street, Dayton, 45409 |
| <input type="checkbox"/> Kettering Medical Center | 3535 Southern Boulevard, Kettering, 45429 |
| <input type="checkbox"/> Sycamore Medical Center | 4000 Miamisburg Centerville Rd. Miamisburg, 45342 |

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**

2nd 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. 