

SUTAB Prep Instructions

What you will need:

- 4 Simethicone (Gas-X) 160mg or 180mg tablets/soft gels (can be purchased over the counter)
- Your filled prescription of SUTAB

The day before your procedure:

- You may have the **LOW FIBER BREAKFAST** described on the **Colonoscopy Information Sheet**. Finish eating by 9am.
- After breakfast, begin **CLEAR LIQUID DIET**. Refer to the **CLEAR LIQUID DIET** instructions page for details and list of allowed liquids.
- At 6pm take 2 tablets of Simethicone (Gas-X) 160mg or 180mg right before drinking your prep.
- Open 1 bottle of 12 tablets. Fill the provided container with 16oz of water (up to the fill line). Swallow each tablet one at a time with a sip of water waiting 2 minutes between each pill and drink the entire amount of water over 15-20 minutes.
- Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16oz of water (up to the fill line), and drink the entire amount over 30 minutes.
- Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 oz of water (up to the fill line), and drink the entire amount over 30 minutes.
- Continue CLEAR LIQUID DIET until midnight.

After Midnight on the morning of your procedure:

- DO NOT EAT OR DRINK ANYTHING other than the prep and required water.
- Do not use any tobacco products (cigarettes, dip, vape, etc.) 6 hours prior to your arrival time.

5 hours before your procedure ARRIVAL TIME:

- NOTHING to eat or drink other than the prep and required water.
- Take 2 tablets of Simethicone (Gas-X) 160mg or 180mg right before taking your prep.
- Open the second bottle of 12 tablets. Fill the provided container with 16oz of water (up to the fill line). Swallow each tablet one at a time with a sip of water waiting 2 minutes between each pill and drink the entire amount of water over 15-20 minutes.
- Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16oz of water (up to the fill line), and drink the entire amount over 30 minutes.
- Approximately 30 minutes after finishing the second container of water, fill the provided

container with 16 oz of water (up to the fill line), and drink the entire amount over 30 minutes. You must complete all SUTAB tablets and required water at least 3 hours before procedure.

- If you normally take medication for blood pressure, reflux (heartburn), seizures, pain, anxiety or breathing problems in the morning, take these with a sip of water just before leaving the house.