

Procedure Date: _____ **Arrival time:** _____

SEVEN days before your procedure

- If you take **insulin or blood thinners** contact your provider for specific medicine instructions.
- Confirm your procedure date and arrival time.
- Eat your regular diet.
- Stop taking fish oil.

THREE days before your procedure

- Continue your low fiber diet. Avoid eating foods with nuts and seeds.
- Drink at least one 8-ounce glass of water or clear fluid every hour while awake.

ONE day before your procedure

**Start your prep today!
STOP eating SOLID FOOD and
Drink Clear Fluid All Day!**

This is a pill prep.
It is very important you drink clear fluid all day to clean your colon.

8:00 am:

- Drink **one** 8-ounce glass of clear fluid **every hour** while awake.

5:00 pm:

- Open the SuTab kit and take out one bottle of tablets and the cup.
- Fill the cup with water. Swallow each tablet (12) with a sip of water over 15 minutes. Drink two more cups of water.
- Continuing drinking clear fluids while awake.

Procedure Day

DRINK ONLY THE PREP SOLUTION AND WATER TODAY!

FIVE (5) hours BEFORE your Scheduled procedure arrival time

- Open the last bottle of tablets. Swallow each tablet (12) with a sip of water over 15 minutes. Drink two (2) more cups of water over the next hour.
- Take two 125 mg Simethicone tablets and your AM medicines with water.
- STOP drinking ALL fluids (four) 4 hours before your procedure time.**

Two (2) hours before your procedure, if you still have brown or solid stool, call and talk to a nurse (919) 684-6437.

FIVE days before your procedure

STOP eating foods that are high in fiber like beans, raw fruits and vegetables nuts, and seeds.

STOP taking fiber supplements like Metamucil, Citrucel, and Fiberall.

Purchase your prep items:

- Two (2) - 5 mg Bisacodyl tablets
- Four - 125 mg Simethicone tablets
- One kit – SuTab Prescription Prep from your preferred pharmacy
- Clear liquids – see list below

TWO days before your procedure

- Continue a low-fiber diet. Avoid eating foods with nuts and seeds.
- Drink at least one 8-ounce glass of water or clear fluid every hour while awake.
- Confirm your procedure arrival time with your driver.

6:00 pm:

- Take two (2) Bisacodyl tablets with a glass of water. Continue drinking clear fluids while awake.

***Clear Liquid Diet Details: Do NOT drink anything that is RED or PURPLE in color. NO DAIRY.**

Approved Clear Fluids:

Clear sodas, black or green tea, clear juices, fitness water
Popsicles without pulp
Chicken, vegetable, and beef broth, Gelatin, Italian Ice, Sports Drinks
Clear fluids with caffeine: Mountain Dew and Mello Yello

Avoid ALL of these fluids:

No milk/dairy
No juices with pulp
Nothing that is **RED or PURPLE** in color



This is the GOAL of your preparation. Stool results should be clear yellow or clear green.

