

Sutab Instructions for Colonoscopy

• The day before the procedure, you may have **only clear liquids** (See enclosed Clear Liquid Diet Instructions). Colon prep is to be taken the day before the procedure.

• **First dose is at 6:00 PM.** Open 1 bottle of 12 tablets. Fill the provided container with 16 ounces of water (to the fill line). Swallow each tablet with a sip of water, drink the entire amount of water over 15 to 20 minutes. About 1 hour after the last tablet is ingested, fill the provided container again to the fill line with water and drink the entire amount over 30 minutes. About 30 minutes after finishing the second container of water, fill the container to the fill line, and drink the entire amount over 30 minutes. Continue clear liquid diet.

• **Second dose is at 10:00 PM.** Open 1 bottle of 12 tablets. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water, drink the entire amount of water over 15 to 20 minutes. About 1 hour after the last tablet is ingested, fill the provided container again to the fill line with water and drink the entire amount over 30 minutes. About 30 minutes after finishing the second container of water, fill the container to the fill line, and drink the entire amount over 30 minutes. Continue clear liquid diet until midnight. Then nothing by mouth until after your procedure.

• **IMPORTANT:** If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.

• On the day of the procedure, do not take anything by mouth. Please take any blood pressure, thyroid or seizure medications with just enough water to swallow them.

Stop all supplements including fish oil, iron, multi-vitamins, etc. 4 days before the procedure. Do not take diabetic medication the morning of your procedure

Appointment Information

Please arrive 30 minutes early

Date: _____

Time: _____

If you cannot keep your appointment, please call the office to cancel/reschedule.

Questions? (210) 405-3410

Procedure Locations:

- Theda Oaks Surgery Center #103: 19226 Stone Hue, San Antonio TX 78258 (210-268-0100)
- Stone Oak Methodist Hospital (admitting): 1139 E. Sonterra Blvd, San Antonio TX 78258 (210-638-2000)
- North Central Baptist Hospital (admitting): 520 Madison Oak, San Antonio TX 78258 (210-297-4000)

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- North East Baptist Hospital (admitting): 8811 Village Dr., San Antonio, Tx 78217
(210)297-2000