

SUTAB PREP INSTRUCTIONS

DAY BEFORE YOUR EXAM:

Do not eat any solid food. Clear liquid diet only and be sure to **hydrate throughout the day.**

DOSE 1: Start at 5:00pm **DRINK 8oz CUP OF WATER BEFORE YOU START**

Step 1- Open 1 bottle of 12 tablets.

Step 2- Fill the provided container with 16oz of water (up to fill line). Take **1 pill at a time** with a sip of water, **WAIT 1-2 minutes in between each pill.** This should take at least 25 minutes, but **if you become uncomfortable, take the tablets and water slower.**

Step 3- Approximately 1 hour after the last tablet is swallowed, fill the provided container with 16oz of water (up to the fill line) and drink the entire amount over 30 minutes.

Step 4- Approximately 30 minutes after finishing the second container of water, fill container with 16oz of water (up to the fill line) and drink the entire amount over 30 minutes.

DOSE 2: Start 6 hours before your procedure time

*The facility will give you this time by 6pm the evening before your test.

DRINK 8oz CUP OF WATER BEFORE YOU START. REPEAT DOSE 1 INSTRUCTIONS.

****NO DRINKING ANYTHING FOR THE 3 HOURS BEFORE YOUR PROCEDURE TIME****

****NO EATING THE ENTIRE DAY BEFORE YOUR PROCEDURE OR ON THE DAY OF YOUR PROCEDURE.****

**If you have any questions regarding these instructions,
contact Centers for Digestive Health (219) 922-4900 Option (3)**