

SUTAB (Tablet) PREPARATION

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15205 Cortez Blvd. Brooksville, FL. 34613

Procedure date _____	Arrival time _____	Doctor's office phone (352) 597-7744 Option #2
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1. Taking Your Prep (Split Dose)

Dose 1 — The Day Before _____

- Open the first bottle of 12 tablets and remove and discard the desiccant packet. Also remove and discard the desiccant from the second bottle, then close it — you'll use it for Dose 2 tomorrow.

Starting at **4 PM**, fill the provided container with 16 oz of water. Swallow 1 tablet every 1–2 minutes with a sip of water — finish all 12 tablets and the entire 16 oz within 20 minutes.

- About 1 hour after your last tablet, fill the container with a second 16 oz of water and drink it over 30 minutes.
- About 30 minutes after that, fill the container with a third 16 oz of water and drink it over 30 minutes. Chilling the water or sipping through a straw can help with the taste.

Dose 2 — The Morning Of

Wake up at _____ **AM** — 6 hours before your procedure

- Open the second bottle and repeat the same steps: swallow the 12 tablets, 1 every 1–2 minutes, with the first 16 oz of water — finishing within 20 minutes.
- Then drink two more 16 oz containers of water — one about 1 hour after your last tablet (over 30 minutes), and another about 30 minutes after that (over 30 minutes).

STOP ALL LIQUIDS AT LEAST 3 HOURS BEFORE PROCEDURE

Helpful Tips

- **Do NOT** chew the tablets — swallow each one whole with a sip of water.
- You're done prepping once your stool is clear or light yellow.
- Feeling nauseated, bloated, or crampy? Pause or slow down, then keep going.
- Don't take other oral medicines within 1 hour of starting either dose.

2. Blood Thinners

Do not stop any blood thinner on your own. Your Doctor's office will provide instruction on what to do.

3. GLP-1 Medications (Weight Loss / Diabetes Injections)

STOP THE DOSE PRIOR TO THE PROCEDURE: semaglutide (Ozempic, Wegovy, Rybelsus), tirzepatide (Mounjaro, Zepbound), dulaglutide (Trulicity), liraglutide (Victoza, Saxenda), exenatide (Byetta, Bydureon)

4. Other Medications

- Diabetes pills (metformin, glipizide, etc.): Stop the medication the day before and the morning of the procedure.
- Insulin: take 1/3 of your insulin the day prior and NO insulin the morning of the procedure.
- DO NOT STOP: blood pressure, heart, anxiety, seizure, or thyroid medications.
- Iron supplements: stop 5–7 days before — iron can make it harder to see inside your colon.

When to Call Your Doctor's Office

Call if:

- You can't keep the prep down or are vomiting repeatedly
- You have severe belly pain or bloating
- You're unsure about stopping/continuing any medication