

Procedure

PURCHASING THE PREP

Before your colonoscopy, you will need to pick up & purchase the following prep items

1. **Sutab**- A prescription for the Sutab will be called into your pharmacy.
2. **Gas-X** or generic simethicone pills

WHERE TO GET YOUR Suprep prep

What to buy at the Pharmacy

1 Sutab

You can pick this up at your pharmacy.
Your doctor will prescribe this



**1 box of Gas-X or
generic simethicone pills (125 mg or 250 mg)**

Seven Days Before Your Exam

Eat a low fiber diet: avoid nuts, seeds, corn and raw (uncooked) fruits and vegetables. These foods are hard to digest, do not easily clear out of your colon and will make it difficult for your doctor to get a clear picture of your colon during the colonoscopy

When to start your bowel preparation depends on the start time of your colonoscopy, please follow the instructions below:

One Day before exam at 5 PM

- x The day before your colonoscopy, open the first bottle of 12 tablets and take SUTAB as described below.

All exams

3 hours Before Your Exam

STOP all prep. Do not drink or eat anything, including water, until your colonoscopy. This includes mints or candies.

Note: If you drink or eat anything your procedure will be cancelled

You may take your regular medications, unless instructed otherwise by a doctor with, a small sip of water.

