**READ IMMEDIATELY**

\*\* Follow instructions below, not the instructions on the box \*\*

 **SuTab Preparation Instructions**

You cannot work outside the home for 15 hours before and 18 hours after the procedure.

For four (4) days prior to procedure avoid salads, raw fruits & vegetables, nuts, and seeds.

If you are a DIABETIC or on blood thinners (e.g., Coumadin, Plavix), contact our office for

specific instructions. If you take aspirin, you may continue to take it. Stop iron supplements

at least 5 days before the procedure. Take all other medications as usual, including blood

pressure medications.

**DAY BEFORE PROCEDURE**

You may have the following for breakfast the day before your procedure: eggs, cheese, yogurt, white bread, chicken breast, ice cream, pudding, pasta, cereal, and smoothies. Breakfast must be consumed prior to 8 am. After 8 am, clear liquids only (examples of clear liquids: water, clear carbonated beverages, Gatorade, clear fruit juices, coffee, tea, broth, bouillon, Jell-O). Nothing red, purple, or green. No milk products, alcohol, hard candy, or gum.

*At approximately 4 PM*, open 1 bottle of 12 tablets. Fill the provided container with 16 ounces of water (up to the fill line).

Part 1 (30 minutes) take 1 tablet every 5 minutes (6 tabs over 30 minutes), with 16 oz of water total.

Part 2 (30 minutes) drink 8 oz of any clear liquid you choose (see examples above) over 30 minutes.

Part 3 (30 minutes) repeat Part 1 (take 6 tablets slowly over 30 minutes, with 16 oz water).

Part 4 (30 minutes) repeat Part 2, drink 8 oz of any clear liquid over 30 minutes.

If you get cramps or nausea, take the tablets and liquids more slowly.

**DAY OF PROCEDURE**

*Approximately six to eight (6 to 8) hours prior to your scheduled procedure*, open the second bottle of 12 tablets. Fill the provided container with 16 oz of water (up to fill line).

Part 5 (30 minutes) take 1 tablet each 5 minutes (6 tabs over 30 minutes), with 16 oz of water total.

Part 6 (30 minutes) drink 8 oz of any clear liquid you choose (see examples above) over 30 minutes.

Part 7 (30 minutes) repeat Part 5 above, slowly over 30 minutes.

Part 8 (30 minutes) repeat Part 6 above, slowly over 30 minutes.

IMPORTANT: You must use all the tablets and drink a total of 96 oz of clear liquid. You must

finish 4 hours prior to your scheduled procedure, then *nothing more to eat or drink*

before your procedure. If you weigh under 140 pounds, you may skip Part 7 and 8 the Day of Procedure.

\*\*\*\*\*\*\*\*\*Any questions please call (585) 720-1550\*\*\*\*\*\*\*\*\*