



Transouth Health Care
9 Physicians Drive
Jackson, TN 38305
Phone 731-661-0086

SUTAB INSTRUCTIONS

Start Linzess 72mcg 145mcg 290mcg on _____. Take one capsule 30 minutes before breakfast on an empty stomach with full glass of water and continue for 3 days.

*Clear liquids **ALL DAY** the day before your procedure on: _____

****NO SOLID FOODS THIS DAY****

“Clear liquids” means liquid without substance. Examples: Water, tea, coffee (no creamer or milk), bouillon, broth, apple juice, white grape juice, ANY soft drinks, Kool-Aid, Gatorade. Hard candy, popsicles, ice and jello (without fruit) are also OK.

NO red or purple!! NO orange juice or other pulp-containing juices, tomato juice, milk or ice cream!!

On _____ @ _____ 2 PM take 4 Dulcolax tablets. Then drink at least 8oz clear liquids every hour after that.

On _____ @ _____ 5 PM Open 1st bottle of 12 tablets. Fill provided container with 16oz of cool water (To Fill Line). Swallow each tablet with a sip of water and then drink the entire amount of water in the cup. (This should take 15-20 minutes to complete).

***Continue drinking clear liquids throughout the day! ***

On _____ @ _____ Open 2nd bottle of 12 tablets. Fill provided container with 16oz of cool water (To Fill Line). Swallow each tablet with a sip of water and then drink the entire amount of water in the cup. (This should take 15-20 minutes to complete).

NOTHING TO DRINK AFTER _____ . (4 hrs before arrival time)

Report to: 9 Physicians Drive. Jackson TN at _____ on _____.

- **Bring a DRIVER. Also bring your insurance card, photo ID, and a list of all of your medications.**
- **Notify the doctor if on any blood thinners.**
- **Take any blood pressure, heart, or seizure medications the morning of your procedure. DO NOT take any diabetic medications.**
- **If you have any questions call 731-661-0086**