

## COLONOSCOPY PREPARATION WITH SPLIT DOSE SUTAB

**ONE WEEK BEFORE PROCEDURE :** Make sure to review instructions and pick up needed prescriptions or over-the-counter medications.

**AVOID** consuming corn, seeds, and nuts from this date on until your procedure is completed.

**PURCHASE** the following from your pharmacy or grocery store:

\* SuTab - script sent to your pharmacy electronically

**REVIEW** these instructions and the attached Medication Check List.

### **DAY BEFORE PROCEDURE :**

#### **NO SOLID FOODS OR DAIRY PRODUCTS TODAY**

**CLEAR LIQUIDS ONLY TODAY** (anything you can see through)

**Examples include:** water, broth, black tea or coffee (no creamer), clear juice without pulp such as apple or white grape, jello, clear soda such as Sprite or Ginger-ale, clear Ensure or Pedialyte, popsicles, sorbet, hard candy, Gatorade and other sport drinks. **Avoid red or purple colored liquids.** No alcoholic beverages. Be aware that carbonated beverages may cause bloating.

**At 6:00pm** - Open 1 bottle of 12 tablets. Add cool drinking water to the 16oz. line on the container. Swallow each tablet with a sip of water and drink the entire amount over 15 to 20 minutes. Drink all the liquid in the container. 1 hour after the last tablet is swallowed, you **must** drink 2 additional 16oz. containers of water over the next hour.

#### **BE SURE TO DRINK PLENTY OF CLEAR LIQUIDS WHILE PREPPING FOR THE PROCEDURE.**

Some patients do experience nausea and/or vomiting while preparing for this procedure. If this happens, you may need to take a short break from drinking the mixture. **It is essential to complete your entire prep.** Bowel movements are not predictable - don't worry if it takes several hours after you drink the first dose of the prep before you have bowel movements.

### **DAY OF PROCEDURE :**

**At 5:00 am** - Open 1 bottle of 12 tablets. Add cool drinking water to the 16oz. line on the container. Swallow each tablet with a sip of water and drink the entire amount over 15 to 20 minutes. Drink all the liquid in the container. 1 hour after the last tablet is swallowed, you **must** drink 2 additional 16oz. containers of water over the next hour. You should achieve bowel movements that are clear-yellow liquid.

**\*\*\*Nothing by mouth 4 hours before colonoscopy. This includes gum, mints, cough drops and liquids.**

- Wear comfortable clothes. Do not wear contacts.
- Female patients under the age of 50 will be required to provide a urine sample for pregnancy testing

**If you have any questions, please refer to our website, [www.gastrowny.com](http://www.gastrowny.com).**