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Preparation for Colonoscopy with SuTab

5 Days before your procedure- Start a low residue diet. No fruit. No vegetables. No high fiber products. You may eat all proteins- fish, chicken, eggs, meat and dairy. You may eat all white flour products- breads, cake, pasta, ice cream without nuts or raisins.

You are scheduled to have a colonoscopy on \_\_\_\_\_ at \_\_\_\_\_

It is essential that your large intestine is free of stool. It is very important that you follow the instructions below carefully.

Fill your prescription at the pharmacy: SuTab Bowel Prep Kit

**2 nights before your procedure**, eat an early dinner- wait 3 hours and drink one(1) 10oz bottle over the counter citrate of magnesium- at bedtime take 2 Dulcolax pills.

**1 day before your colonoscopy:** You must remain on a CLEAR liquid diet the entire day before your procedure. Clear liquids include: water, strained (without pulp) fruit juices including apple, white grape or white cranberry, Limeade or lemonade, coffee or tea (do not use any dairy or non-dairy creamer, you may use sugar or lemon), chicken broth, soda, Gatorade(yellow only), popsicles (no red or purple), jell-o (no red or purple). Please do not have anything red or purple in color. You may have PLAIN VANILLA yogurt or PLAIN VANILLA ice cream and milk until 5pm.

**Beginning at 6PM on the day before your colonoscopy:**

**Clear liquids ALL DAY**

**PLUS**

Drink an extra 8 ounces of clear liquid every hour from 11am to 5pm. Gatorade is preferred.

\*Do not take oral medication within 1 hour of starting each dose of SUTAB

**STEP 1:** At 5pm open 1 bottle of 12 tablets

**STEP 2:** fill the provided container with 16 ounces of water(up to the line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15-20 minutes.

**STEP 3:** Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water(to the fill line) and drink the entire amount over 30 minutes.

**STEP 4:** Approximately 30 minutes after finishing the second container of water, fill it again with water and drink the entire amount over the next 30 minutes.

**IMPORTANT:** If you experience preparation-related symptoms like nausea, cramping or bloating, pause or slow the rate of drinking the additional water until your symptoms diminish

**Beginning 8 hours before your colonoscopy:**

**CLEAR LIQUIDS ONLY**

**NO SOLID FOOD**

**NO ALCOHOL**

**NOTHING TO DRINK 4 HOURS BEFORE APPOINTMENT**

Continue to drink CLEAR LIQUIDS ONLY

**STEP 1:** 7-8 hours prior to your colonoscopy and NO sooner than 4 hours from starting dose 1, open the 2<sup>nd</sup> bottle of 12 tablets.

**STEP 2:** fill the provided container with 16 ounces of water(up to the line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15-20 minutes.

**STEP 3:** Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water(to the fill line) and drink the entire amount over 30 minutes.

**STEP 4:** Approximately 30 minutes after finishing the second container of water, fill it again with water and drink the entire amount over the next 30 minutes.

- You may take your heart and blood pressure medications with a sip of water.
- You must not have anything else to drink once you have completed the prep.

**Day of Colonoscopy:** Remember: Nothing to drink before exam except the prep!