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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 2nd 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!