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## **Sutab – Split Dose Prep**

\*Please remember to arrange for a responsible adult to accompany you home. If you do not have an adult escort your procedure will be cancelled and rescheduled. Taxis are not permitted.

Review the preparation schedule below for the days preceding your colonoscopy. Should you need further assistance please call 631-923-1420

### **1 Week Prior**

Go to pharmacy and fill your prescription for Sutab. Please call our office if you did not receive a prescription.

If you take fiber supplements or vitamins containing iron, please discontinue 5 days before your appointment.

If you have diabetes, please ask us for diet and medication instructions.

If you take aspirin, plavix, Coumadin, or other blood thinners, please discuss with Dr. Zinkin whether you should continue or discontinue these prior to your procedure.

### **3 Days Prior**

**Begin Low Fiber Diet (No fruits or vegetables. No whole wheat or high fiber. No seeds, nuts, corn or popcorn No bran or bulking agents)**

### **The Day Prior**

You may have a light, low fiber breakfast. Afterwards, begin a clear liquid diet. This includes water, clear broth or bouillon, coffee or tea, Gatorade, carbonated & non-carbonated soft drinks, Kool-Aid or other fruit-flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles and hard candy. For lunch, you may have ice cream, a milkshake, or yogurt that does not contain seeds, nuts or anything solid. Drink at least 64 ounces (1/2 gallon) of clear liquid throughout the day.

## **NO RED LIQUIDS**

### **SUTAB Instructions:**

Starting at 5:30 PM the evening before your procedure:

1. Open 1 bottle of 12 tablets
2. Fill the provided container with 16 oz of water, and swallow the pills with the water over about 60 minutes
3. Drink an additional 32 oz (2 more cups) over the next 1-2 hours

### **On the procedure day**

Starting 6-8 hours before your procedure:

1. Open the second bottle of 12 tablets and repeat steps 1-3 above
2. Remember that you must finish the prep at least 4 hours before the procedure time

**Have NOTHING to eat or drink for 4 hours before your procedure. Morning medications may be taken with a sip of water.**

### **Upon departing for your procedure:**

Do not eat or drink anything. Morning medications may be taken with a sip of water.

Leave your valuables at home

Please arrange for a responsible driver to take you home. Taxis are not permitted.

Remember that no driving or work is permitted on the day of the procedure.

**Women who have had a period within 1 year will be asked for a urine specimen for a pregnancy test**