

*Barry M. Zingler, MD • Mitchell K. Spinnell, MD • Michael E. Meininger, MD • Marc A. Fiorillo, MD • Eugene S. Han, MD • Grace H. Yang, MD*

**Gastroenterology • Hepatology • Gastrointestinal Endoscopy**

**Colonoscopy with SUTAB MORNING**

YOU MUST HAVE SOMEONE DRIVE YOU HOME FROM THIS PROCEDURE DUE TO THE EFFECTS OF ANESTHESIA

NJ State Law will consider you intoxicated if you drive following anesthesia.

**\*\*Absolutely NO exceptions will be made. If you plan to drive home, you will not be receiving anesthesia\*\***

**ONE DAY BEFORE THE PROCEDURE:**

You MUST be on a CLEAR liquid diet throughout the day. NO SOLID FOODS!! Avoid all liquids that are RED in color. Avoid ALL dairy products and juices with pulp, such as orange juice.

**CLEAR LIQUIDS INCLUDE:**

Soups: Clear broth, such as chicken, vegetable and beef or consommé.

Juices: White cranberry, white grape, apple, strained lemonade, and limeade (NO PULP)

Beverages: Tea, coffee, Kool-Aid, diet and regular soda (any flavor- cola/root beer etc.), iced tea, Gatorade, sports drinks, coconut water (no pulp), water, seltzer. NOTHING RED in COLOR. Remember no cream, milk, fake creamer, protein shakes, or smoothies. No vegetable juices.

Desserts: Water ices, Italian ices, Ice Pops, Jell-O, hard candy- NOTHING RED IN COLOR

IT IS IMPROTANT YOU DRINK AS MUCH FLUID AS YOU CAN THROUGHOUT THE DAY!

**FOLLOW THE 4 STEPS BELOW TO COMPLETE YOUR BOWEL PREP**

**STEP 1:** OPEN 1 BOTTLE OF 12 TABLETS AND FILL PROVIDED CONTAINER WITH 16OZ. (OR TO THE FILL LINE) OF WATER.

**STEP 2:** SWALLOW EACH TABLET WITH A SIP OF WATER. TAKE ALL PILLS AND FLUID WITHIN 15/20 MINUTES.

**STEP 3:** ABOUT 1 HOUR AFTER FINISHING THE LAST TABLET, DRINK AN ADDITIONAL 16OZ. (OR PROVIDED CONTAINER FULL) OF CLEAR LIQUIDS.

**STEP 4:** ABOUT 30 MINUTES AFTER FINISHING THE 2ND CONTAINER, DRINK AN ADDITIONAL 16 OZ. (OR PROVIDED CONTAINER FULL) OF CLEAR LIQUIDS.

**THE EVEING BEFORE THE PROCEDURE:**

**AT 7:00 P.M. BEGIN STEP 1 AND PROCEED AS LISTED ABOVE (FIRST DOSE)**

**AT 11:00 P.M. BEGIN STEP 1 AND PROCEED AS LISTED ABOVE (SECOND DOSE)**

**YOU MAY CONTINUE TO DRINK CLEAR LIQUIDS UP UNTIL 1 A.M.**

\*\*it usually takes about an hour to begin to have a bowel movement. You may notice some bloating or cramping at the beginning of this prep, which usually improves once the bowel movement begins.

If you are taking diabetes medicine or blood thinning medications such as aspirin, Coumadin, Plavix, Lovenox, Effient, Pradaxa, Brilinta, Eliquis, or any anti-inflammatory drugs such as Celebrex, Aleve, or Motrin, please consult your prescribing physician about discontinuation. DO NOT STOP any medications without consulting your prescribing physicians. You can take blood pressure, heart/seizure medications with a small sip of water on the morning of your procedure. Please inform us if you have a defibrillator.