

Community Care General Surgery

INSTRUCTIONS FOR YOUR BOWEL PREP WITH SUTAB

ONE WEEK PRIOR TO YOUR COLONOSCOPY:

- Please discontinue Plavix®, aspirin, or all aspirin containing medications one week prior to the procedure unless otherwise directed by your physician.
- Tylenol®, ibuprofen, Naprosyn® or other non-steroidal anti-inflammatory drugs, or other medications with acetaminophen are safe to use prior to colonoscopy.
- Avoid any food with seeds or nuts and/or popcorn for 3 days prior to your colonoscopy.
- If you have any questions about any of your medications, please call our office.

Purchase:

- SUTAB through your pharmacy **AT LEAST TWO WEEKS BEFORE YOUR COLONOSCOPY IS SCHEDULED.**

DAY BEFORE YOUR COLONOSCOPY:

Start a liquid diet with breakfast. Solid foods are **NOT** allowed.

“Liquids” include:

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| • Juices without pulp | • Soda or non-carbonated soft drinks |
| • Ice Pops or Italian Ices | • Water |
| • Coffee or Tea | • Plain Jell-O® |
| • Hard Candies | • Carnation® Instant Breakfast Drink |
| • Smoothies or shakes | • Ensure®, Boost®, or other protein drinks |
| • Soups that do not contain solid vegetables
(i.e. Campbell’s® Chicken Noodle, Cream of
Mushroom, Tomato Soup) | |

GENERAL RULE: IF YOU HAVE TO CHEW IT, YOU CANNOT HAVE IT!

Follow the instructions for SUTAB as given to you at your appointment:

If your colonoscopy is scheduled for 10:00 a.m. or later, please start the second dose at 6:00 a.m. the day of the colonoscopy.

NOTE: SUTAB will cause multiple, loose, watery bowel movements. An individual’s response to SUTAB varies; it may work within 30 minutes but may take as long as 3 hours. Please remain within easy reach of toilet facilities.

DAY OF THE COLONOSCOPY:

1. **Nothing by mouth the morning of the exam. This includes coffee, tea juice, milk or soda.**
2. Arrive for your colonoscopy at the time instructed by our scheduler.
3. Someone must be available to drive you home after your exam and stay with you for a few hours. If you have not made these arrangements, your procedure will be cancelled.
4. Take your usual morning medications with a sip of water as instructed by your physician.

If you have any questions, please call Surgical Scheduling at:(518) 785-5884 ext 3237