

Dr. Anubha Sinha, M.D., P.A.
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Hunterdon Medical Center Main Hospital

2nd Floor Endoscopy Suite
2100 Wescott Drive, Flemington, NJ 08822
908.788.6439
Pre-registration (1 week prior): 908.788.6167

Somerset Ambulatory Surgical Center

1 Highway 206 North, Somerville, NJ 08876
908.393.8360
Pre-registration (ONLINE): www.sasctr.com/Pre-Op
Pre-registration (by phone): 908.393.8360

SUTAB Bowel Prep

Preparing for your Colonoscopy

IMPORTANT CONSIDERATIONS:

1. **Please notify our office of ALL medications that you take including prescription, herbal, and OTC medications.**
2. **Blood thinners:** If you are taking any blood thinning medications such as Warfarin, Coumadin, Lovenox, Plavix, Xarelto, or Eliquis we will need instructions from your prescribing physician as to how to manage your medication before and after your procedure. Do not discontinue any medications without discussing this with your prescribing physician.
3. If you are a **Diabetic and take insulin**, (to avoid dangerously low blood sugars) please be sure to inform us. You will need specific instructions from your prescribing physician regarding proper insulin adjustments before, during, and after your procedure.
4. If you are **Diabetic and take oral medications**, please contact your primary care provider or managing physician for any special instructions regarding your diabetic medications and dietary needs before, during, and after your procedure.
5. Do NOT stop any **Blood Pressure or Heart medications** unless told otherwise by your prescribing physician. Doing so could result in serious complications.
6. If you are a smoker, it is advised NOT to smoke for at least 6 hours prior to your procedure to avoid breathing and other complications caused by or associated with smoking.
7. If you have any **implanted devices like a pacemaker or defibrillator** please notify us.
8. If you are undergoing a **workup, or treatment, or are in the care of another provider** for other conditions please notify us.
9. If you have **sleep apnea and use a CPAP machine**, please notify us and bring your machine, mask and tubing with you to your procedure.

SEVEN DAYS PRIOR TO YOUR PROCEDURE

1. Do NOT take any iron pills or multi-vitamins containing iron. Iron can cause constipation and prevent you from having a good response to the bowel prep.
2. Do NOT take any NSAIDs or anti-inflammatory pain relievers including Aleve, Ibuprofen, Motrin, Celebrex, Mobic, Meloxicam, and Naproxen. These medications can increase your risk for bleeding during and after the procedure especially if any biopsies are taken. You may take Tylenol unless you have any contraindications to this medication.
3. Do NOT take any fish oil, flaxseed oil, or Vitamin E. These medications can increase your risk for bleeding.
4. Do NOT take any fiber supplements. Fiber can slow digestion in some individuals and result in a poor response to your bowel prep.
5. Do NOT consume any nuts, seeds, corn, or whole grains for 1 week prior to your procedure. These foods can take longer to pass through the digestive tract and prevent a good response to the bowel prep. Foods to avoid include:
 1. All nuts, seeds, corn, and popcorn
 2. Corn, beans, peas, chickpeas, raw salad, celery, tomatoes, cucumbers
 3. The skin and seeds of all fruits and vegetables
 4. Vegetables otherwise should be cooked thoroughly (carrots, broccoli, cauliflower, sweet potatoes and regular potatoes without skins are okay as long as fully cooked)

5. Wheat germ, granola, and cereal with visible grains (ex. Grape Nuts)
6. Bread with seeds and/or visible grains

ABOUT THE BOWEL PREP:

Keep in mind... The prep is designed to clean out your colon. We need your colon to be cleaned out completely so that Dr. Sinha can visualize the lining of your colon. If there is feces, debris or sludge left in your colon this can obscure and cover up colon polyps and other abnormalities in the lining of your large intestine resulting in missed lesions and diagnoses.

The bowel prep is designed to clean out your colon. It will usually cause you to have multiple bowel movements within a few hours. You will know that your bowels are clean when your stools become watery and you can see through them. They may be tinted depending upon the color of the liquids you have been drinking. **FINISH YOUR ENTIRE PREP.** If you have any problems whatsoever before, during, or after taking your prep call our office immediately or go to your nearest emergency room.

THE ENTIRE DAY BEFORE YOUR PROCEDURE

1. You may have a low residue breakfast. Examples of low-residue breakfast items you can have include:
 - a. White bread, biscuits, muffins (no wheat)
 - b. Cream of wheat, grits
 - c. Drinks: coffee, tea, milk, juice without pulp
 - d. Eggs
 - e. Fruit (no skin or seeds)
 - f. Cornflakes
 - g. Yogurt, cottage cheese
2. After breakfast you may only have clear liquids until after your colonoscopy. Examples of clear liquids you may have include:
 - a. Coffee or tea (no cream or non-dairy creamer)
 - b. Fruit juices (without pulp)
 - c. Gelatin desserts (no fruit or toppings)
 - d. Water
 - e. Chicken broth
 - f. Clear soda (such as ginger ale)
3. NO red or purple liquids
4. NO Milk
5. NO alcoholic drinks

SUTAB INSTRUCTIONS:

Day 1, Dose 1

Step 1: Open 1 bottle of 12 tablets

Step 2: Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount over 15-20 minutes. If you become uncomfortable take the tablets and water slower.

Step 3: Approximately 1 hour after the last tablet is swallowed fill the provided container a second time with 16 ounces of water (up 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 the provided container with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

Day 2, Dose 2:

****5-8 hours before your colonoscopy. **Start Dose 2 no sooner than 4 hours after starting Dose 1**

Repeat Step 1 to Step 4 from Day 1, Dose 1 using the second bottle of tablets.

Important: You must use all tablets and water at least 2 hours before your colonoscopy

