

How to Prepare for Your Colonoscopy using SUTAB® Bowel Prep Kit

A colonoscopy is an exam of your colon (large intestine). Your doctor will use a colonoscope (flexible tube with a camera on the end) to see the inside of your colon on a video monitor. During your procedure, your doctor can:

Remove a small sample of tissue (biopsy) for testing

Remove a polyp (growth of tissue)

Take photos of the inside of your colon

Follow these instructions carefully. It's very important that your colon is empty for your colonoscopy. If there's stool inside your colon, your doctor may not be able to see polyps or other problems inside your colon and you may have to repeat the procedure. If you have any questions, contact the doctor's office at 201-858-8444.

1 Week Before Your Procedure

Ask about your medications

You may need to stop taking some of your medications before your procedure.

If you take a **blood thinner**, such as to treat blood clots or to prevent a heart attack or stroke, ask the doctor who prescribes it for you when to stop taking it

If you take **insulin or other medications for diabetes**, you may need to change the dose. Ask the doctor who prescribes your diabetes medication what you should do the day before and the morning of your procedure. Tell your doctor you will be drinking a sugar-free clear liquid diet the day before your procedure.

If you have an automatic implantable cardioverter-defibrillator (**AICD**), you need to get a clearance letter from your cardiologist (heart doctor) before your procedure.

You must have a responsible adult to take you home after your procedure.

5 Days before your procedure

Stop any oral **iron** supplements

3 Days Before Your Procedure

You should follow a low-fiber diet starting 3 days before your colonoscopy. During this time, do not eat: raw (fresh) fruits and vegetables, whole kernel corn, including canned corn, whole grains (such as oatmeal, brown rice, quinoa, or wheat bread), seeds (such as poppy or sesame) or nuts.

An endoscopy nurse will call you before your procedure. They will review the instructions in this guide with you and ask you questions about your medical history. The nurse will also review your medications and tell you which medications to take the morning of your procedure.

1 Day Before Your Procedure

Follow a clear liquid diet

A clear liquid diet includes only liquids you can see through. Don't drink anything red, purple, or orange.

Don't eat any solid foods.

Try to drink at least 1 (8-ounce) glass of clear liquid every hour you're awake.

Drink plenty of liquids other than water, coffee, and tea.

If you have diabetes, only drink sugar-free clear liquids and check your blood sugar level often. If you have any questions, talk with your healthcare provider.

Day before exam at 4 PM

STEP 1: Open 1st Sutab bottle of 12 tablets

STEP 2: Fill 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 of water over 15 to 20 minutes.

STEP 3: Approximately 1 hour after the last tablet is ingested, fill the provided container again 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 2nd cup of water, fill the provided container again with 16-ounces of water (up to the fill line) and drink the entire amount over 30 minutes

You will repeat steps for the second part of your SUTAB bowel preparation. The time you start taking the second part of your SUTAB bowel preparation depends on your scheduled arrival time.

If your scheduled arrival time is before 11:00 am, start at 8:00 pm the night before your procedure.

If your scheduled arrival time is 11:00 am or later, start at 5 hours before your scheduled arrival time) the day of your procedure.

2. Open 2nd Sutab bottle of 12 tablets

3. Repeat STEPS 1 to 4 as above

You will take a total of **4 Dulcolax Tablets**; if you are completing the **SUTAB bowel preparation** in one day, take 4 tablets at the end of the prep. If you are completing the **SUTAB bowel preparation** in 2 days, take 2 Dulcolax Tablets after the first part of the **SUTAB bowel preparation** and take 2 Dulcolax Tablets after the 2nd part of the **SUTAB bowel preparation**

Do not eat or drink anything including water or any other fluids for 5 hours before your exam.

Take only the medications you were instructed to take the morning of your procedure. Take them with a few sips of water.