

Dr. Anubha Sinha, M.D., P.A.  
Hunterdon Digestive Health Specialists  
267 US-202, Flemington, NJ 08822, Phone: 908.788.8200

***FOR COLONOSCOPIES SCHEDULED @ Hunterdon Medical Center Main Hospital***  
2100 Wescott Drive, Flemington, NJ 08822, 2<sup>nd</sup> Floor Endoscopy Suite, 908.788.6439  
Pre-registration (CALL 1 week prior): 908.788.6167

## **SUTAB Bowel Prep: Preparing for Your Colonoscopy**

### **REMINDERS**

***\*Purchase ONLY WHAT IS HIGHLIGHTED AND REVIEW THESE INSTRUCTIONS at least ONE week prior to your scheduled procedure to avoid any last-minute confusion. Fill your prescription as soon as possible. Write down your questions. We will call you one week prior to your appointment to discuss any questions or concerns you might have.***

***NOT EVERYONE WILL REQUIRE ALL OF THESE MEDICATIONS.***

1. SuTab prescription
  2. ONE, 256-gram bottle of MiraLAX. Use 17 grams (or one scoop) in 8 ounces of water for \_\_\_\_\_ days prior to your procedure. Stop using it 2 days prior to your procedure.
- \*NO NUTS, SEEDS, CORN, AND WHOLE GRAINS for ONE WEEK PRIOR TO YOUR PROCEDURE.***

### **SUTAB Instructions:**

***A. 24 hours before your procedure (so if your appt. is 9AM Monday, start at 9AM Sunday):***

1. Go on a **CLEAR LIQUID DIET** (e.g., Jell-O, clear broth, popsicles, strained juices including apple and white grape)
2. **AVOID** solids, **MILK** or **MILK PRODUCTS** including soy, almond and oat, and **RED, BLUD and PURPLE LIQUIDS**

***B. DAY #1, DOSE #1: EVENING of the DAY BEFORE YOUR PROCEDURE: START AT 5PM***

***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.

***C. DAY #2, DOSE #2: TO BE TAKEN 5-8 HOURS BEFORE YOUR COLONOSCOPY. START NO SOONER THAN 4 HOURS AFTER STARTING DOSE #1***

Repeat Steps 1-4 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.***

### **IMPORTANT CONSIDERATIONS:**

- If you are taking any NSAIDs, Aleve, Ibuprofen, Motrin, Naproxen, Celebrex, iron supplements, fish oil, or Vitamin E, stop taking them 7 days prior to your procedure. You may take Tylenol. If you are taking Coumadin, Aspirin, Plavix, Ticlid, Eliquis, Pradaxa, Xarelto, or Brilinta, please ask your prescribing doctor for instructions regarding stopping these medications.
- If you are diabetic and taking insulin, to avoid dangerously low blood sugars, please inform your prescribing physician about your upcoming procedure, and discuss any necessary insulin dosage adjustments with them.
- If you are taking oral diabetic medications, follow our instructions or your prescriber's instructions.
- If you are unsure about taking any medications, please call our office.
- Do not stop blood pressure or heart medications unless told by us or the prescriber.
- If you have asthma and use inhalers, please inform your prescriber of your upcoming procedure. You may need to maximize inhaler use prior to your procedure to minimize potential complications with anesthesia.
- If you are a smoker, do NOT smoke for at least 6 hours prior to your procedure. NO MARIJUANA the day of your procedure!

***\*\*\*NOTE: Failure to take the bowel prep as indicated may result in a poorly cleansed colon. Please leave all jewelry including belly button rings and tongue rings at home.***