

Gastroenterology Consultants of Long Island, PC

Ian M. Storch, D.O.,FACP,FACG

2001 Marcus Avenue Ste. E240
New Hyde Park, NY 11042

Phone (516) 673-4801
Fax (516) 352-3680

Date & Time: _____

SUTAB COLONOSCOPY PREP

THE DAY BEFORE THE PROCEDURE:

NO SOLID FOOD, YOGURT, MILK OR DAIRY PRODUCTS AT ALL. Coffee, tea, water, carbonated beverages, sports drinks, jello (no red), ice tea, Italian ices, broths, ice pops are all acceptable

1. Beginning at **5PM** on the day before the procedure open 1 bottle of 12 tablets. Fill provided container with 16 ounces of water (up to fill line). Swallow each tablet with a sip of water and drink the entire amount of water over 15 to 20 minutes.
2. 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.
3. Approximately 30 minutes after finishing the second container of water, fill the container again with 16 ounces of water (up to fill line), and drink the entire amount over 30 minutes.
4. At **9:30PM** repeat Steps 1-3.
5. You can continue your clear liquids up until Midnight. You should have nothing to eat or drink after that except approved morning medications.

THE DAY OF THE PROCEDURE:

1. You should take your blood pressure and heart medications early in the morning with a small sip of water all other medications should be held until after your procedure unless your doctor has told you differently.
2. **HAVE NOTHING ELSE TO EAT OR DRINK, NOT EVEN WATER, until after your procedure.**

****You are NOT permitted to drive yourself home from your procedure! You must have a responsible adult with you when you arrive for your procedure to accompany you home. You may use a taxi, car service, or public transportation ONLY IF you have a responsible adult to accompany you. Failure to follow these instructions will result in cancellation of your procedure even if you have completed a preparation.**

HOLD THE FOLLOWING MEDICATIONS FOR YOUR PROCEDURE: