



Member of Northwell Health Physician Partners<sup>®</sup>

PROCEDURE DATE: \_\_\_\_\_ MATHER \_\_\_\_\_ ST. CHARLES

\_\_\_\_\_ ADVANCED SURGERY CENTER OF LONG ISLAND (ASCLI)

(If you need to cancel your procedure, please let us know as soon as possible.)

## LIDDC: SUTAB INSTRUCTIONS

### \* FOLLOW THESE INSTRUCTIONS - NOT INSTRUCTIONS IN PREP KIT

#### **A. MORE THAN TWO WEEKS BEFORE YOUR PROCEDURE:** Inform the office (631) 751-8700 IF:

1. You are diabetic.
2. You are allergic to latex.
3. You take blood thinning products (Coumadin, Plavix, Aggrenox, Brilinta, Pradaxa, Pletal, Ticlid, Brilinta, Trental, Effient, Xarelto, Eliquis).
4. You have a prosthetic heart valve, a history of endocarditis, vascular graft, prosthetic joint replacement within the last 12 months. You may need antibiotic coverage for your procedure.
5. Make sure you have a responsible party to take you home after the procedure. We may cancel the procedure if you do not have a responsible party to take you home.
6. You will be called by ASCLI surgery center with your arrival time two days prior to procedure.

#### **B. ONE WEEK BEFORE YOUR PROCEDURE:**

1. Do not take iron, iron-containing compounds, Vitamin E, fish-oil, advil, motrin, ibuprofen, aleve, naprosyn. You may take Tylenol (acetaminophen).
2. If you are taking aspirin 81 mg/day (baby aspirin) you should CONTINUE this unless instructed otherwise.
3. Blood work should be done 7-14 days prior to the procedure. A pregnancy test should be done less than 7 days prior to the procedure if you are a woman of child bearing age.
4. Avoid fruits/vegetables with seeds: eg tomatoes, kiwi fruit, caraway, flax, poppy, sesame etc. and corn.

#### **C. THE DAY BEFORE YOUR PROCEDURE:**

1. DO NOT EAT SOLID FOOD. YOU CAN ONLY HAVE CLEAR LIQUIDS THE DAY BEFORE YOUR COLONOSCOPY. Drink at least 8 glasses of clear liquids. These should not be red or purple. Examples include: apple juice, water, clear broth or bouillon, Gatorade, Snapple, carbonated soda, jello, ice popsicles, black coffee, black tea (sugar or sweetener is allowed – but NO milk/creamer). You cannot have orange juice or other liquids you cannot see through. Only clear liquids are allowed the day before the procedure. It is very important that you stay well hydrated. Call the office if you have problems or questions with the prep.

2. SUTAB INSTRUCTIONS: (call 631-751-8700 if you have questions/problems with the prep). SUTAB IS A SPLIT DOSE REGIMEN. A TOTAL OF 24 TABLETS IS REQUIRED FOR COMPLETE PREPARATION FOR YOUR COLONOSCOPY. YOU WILL TAKE THE TABLETS IN TWO SEPARATE DOSES OF 12 TABLETS EACH. WATER MUST BE CONSUMED WITH EACH DOSE OF SUTAB, AND ADDITIONAL WATER MUST BE CONSUMED AFTER EACH DOSE.

- a) **FIRST DOSE:** *Start at 6pm the night before your colonoscopy. Open 1 bottle of 12 tablets. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water, and then drink the entire container of water over 15-20 minutes. If you experience preparation related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.*
- b) *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.*
- c) *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.*

**SECOND DOSE:** Take the second dose of Sutabs (12 tablets) by *repeating the entire procedure above. Take the second dose at least 4 hours after the first dose. The second dose can be taken up to 6 hours before your actual procedure. For example:*

- a) *if your procedure is scheduled before 10am take the second dose between 10-11 pm the night before.*
  - b) *If your procedure is scheduled after 10am finish the second dose and water 6 hrs before your procedure time*
3. *If your procedure is scheduled in the hospital, call the evening before for your arrival time.*

- Mather Hospital (631) 476-2717 - St. Charles Hospital (631) 474-6441

#### **D. THE DAY OF YOUR PROCEDURE: DO NOT EAT ANY FOOD**

1. **Do not eat solid food on the day of your procedure.** If your procedure is after 10 am, the second dose of Sutabs must be completed 6 or more hours before your procedure. You may not drink anything less than 6 hours before your procedure. No gum or candy. You may brush your teeth.
2. Take your usual morning medications with a sip of water.
3. Wear loose fitting clothes. Do not wear contact lenses, jewelry, or make-up. Remove tongue piercings.
4. Bring inhalers with you.
5. Bring your glasses case with you.
6. Contact the office if you have questions or your physical condition changes (cold, fever, illness) (631) 751-8700.
7. We may cancel the procedure if you do not have a driver to take you home. Your driver will need to sign your discharge papers. You may resume your normal diet after the procedure. You may not drive for the rest of the day/night. You may resume normal activities the next day.