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PATIENT NAME: _____

PROCEDURE: COLONOSCOPY_____ FACILITY: OFFICE_____ Other _____

DATE OF PROCEDURE: _____ ARRIVAL TIME: _____

AVOID aspirin/aspirin products, Advil/Motrin/Aleve/Ibuprofen, Vitamin E (multi-vitamins w/E), fish oil, flaxseed oil or foods with SEEDS for 5-7 days prior to procedure. (Tylenol and acetaminophen products are okay.)

****YOU must consult your prescribing physician about stopping: Coumadin, Plavix, Pradaxa, Eliquis, or Xarelto, prior to a procedure if you take these medications or a generic equivalent.**

****YOU must consult your prescribing physician about diabetic medication and insulin dosages prior to a procedure if you are a diabetic.**

YOU MUST HAVE SOMEONE TO DRIVE YOU HOME THE DAY OF PROCEDURE. NO DRIVING FOR THE REST OF THE DAY! YOU SHOULD HAVE ADULT SUPERVISION FOR 12-24 HOURS AFTER THE PROCEDURE.

[] SUTAB BOWEL PREP

For five(5) days before the SUTAB Bowel Prep follow a low fiber/low residue diet.

The day before the procedure:

For breakfast, lunch and dinner (until midnight), *****CLEAR LIQUIDS ONLY*****. This includes: Broth, tea or coffee(without milk), Gatorade, Crystal Lite, ice pops, clear soda, apple juice, white grape juice, tap or bottled water, yellow or green jello. It is also important to drink broth for salt intake and juice or clear soda for the sugar intake. Do not drink alcohol. **Avoid items with artificial red dye.**

STEP 1. At 12:00 NOON

At 12:00 noon, open one bottle of 12 tablets. Fill provided container to fill line (16 oz/2c) with cool drinking water and swallow each tablet with a sip of water over 15-20 minutes. Drink ALL the water. **Important:** After 60min and 90min, drink/sip 1 additional 16oz container of water over 30min.

STEP 2. At 6:00 PM, Repeat Step 1

At 6:00 PM, open second bottle of 12 tablets. Fill provided container to fill line (16oz/2c) with cool drinking water and swallow each pill with a sip of water over 15-20 minutes. Drink ALL the water. **Important:** After 60min and 90min, drink/sip 1 additional 16oz container of water over 30min.

Important Notes:

- Both bottles of tablets are required for a complete prep. If you experience nausea, bloating or cramping, slow the rate of drinking additional water until symptoms diminish. Finish all water.
- Additional water is acceptable until midnight.

STEP 3. NOTHING TO EAT OR DRINK AFTER MIDNIGHT, NOTHING UNTIL AFTER PROCEDURE.