

Horizon Family Medical Group  
Dr. Lance Siegel, Dr. David Ellis and Aviva Frommer, PA-C  
30 Hatfield Lane Suite 107 Goshen, NY 10924

PROCEDURE DATE: \_\_\_\_\_

Dr. \_\_\_\_\_

**5 DAYS PRIOR TO PROCEDURE:**

STOP ALL PAIN MEDICATIONS, ANTI-INFLAMMATORIES AND BLOOD THINNING MEDICATIONS INCLUDING BUT NOT LIMITED TO COUMADIN, PLAVIX, MOTRIN AND IBUPROFEN. Regular strength Tylenol is the only approved painkiller. **DO NOT STOP CARDIAC MEDICATIONS IF YOU TAKE ANY!!!**  
**AVOID EATING ANY FOODS WITH SEEDS AND NUTS ONE WEEK PRIOR TO COLONOSCOPY.**

**DO NOT SMOKE OR USE ANY DRUGS WITHIN 24 HOURS OF YOUR PROCEDURE!!!!!!!!!!!!**

**The day before your procedure:**

You may have a light breakfast before 10am and may include ONE of the following items:

- One boiled or poached egg or small portion of skinless chicken, turkey or fish
- White toast NO BUTTER
- One 8oz can of plain vanilla Ensure, Not Ensure plus
- Any item from the approved list below

**After breakfast:**

Maintain a clear liquid diet for the rest of the day. DO NOT EAT OR DRINK ANYTHING RED OR PURPLE. NO DAIRY OR ALCOHOL!

Approved diet list:

- Water, Gatorade, black tea or coffee. NO MILK OR CREAMER. Sweeteners are okay.
- Strained fruit juices without pulp (apple, orange, white cranberry, white grape, etc).
- Low sodium chicken, beef or vegetable broths
- Jello, without fruit toppings or whipped cream (nothing red or purple).
- Popsicles, Italian ice.

During the bowel preparation you will lose significant amounts of fluid. This is normal. It is very important to replace this fluid to prevent dehydration and ensure that your bowel prep is a success. Drinking at least 80oz of clear liquid the day before the exam will help accomplish this. The more fluids you drink the better your bowel prep will work.

**DO NOT DRINK ANYTHING AT ALL WITHIN 2 HOURS OF YOUR ARRIVAL TIME! PLEASE TIME YOUR 2<sup>ND</sup> PREP DOSE ACCORDINGLY. FAILURE TO DO THIS MAY RESULT IN YOUR PROCEDURE BEING DELAYED OR CANCELED!**

**YOU WILL NOT BE ALLOWED TO DRIVE OR WALK HOME. Buses /Taxis are not allowed either. An adult must be present to escort you home. The day of your procedure should be scheduled as a full day off from work. You may return to work the following day. FEMALE PATIENTS UNDER THE AGE OF 55 who have not undergone a tubal ligation or hysterectomy will be required to provide a urine sample prior to the procedure to determine pregnancy status per the Anesthesia protocol.**

## **HOW TO TAKE THE SUTAB PREP KIT**

**\*At 6pm the night before the procedure complete steps 1-4 using 16 ounces of water.**

**\*At 6am the day of the procedure repeat steps 1-4 again using 16 ounces of water. (if you have an arrival time earlier than 8am, you will need to take your 2<sup>nd</sup> dose earlier. Nothing within 3 hours of your arrival time.)**

**YOU MUST DRINK ALL RECOMMENDED LIQUID IN ORDER FOR YOUR PREP TO WORK PROPERLY**

**IT IS IMPORTANT TO READ AND FOLLOW ALL THE STEPS COMPLETELY!!! CALL THE OFFICE IF YOU HAVE ANY QUESTIONS AT ALL!!!**

**DAY 1, STEP 1:** Open 1 bottle of the 12 tablets

**STEP 2:** Fill the provided container with 16 ounces of water up to the fill line

Swallow 1 tablet every 3-5 minutes with a sip of water and drink the entire amount between 45-60 minutes.

**\*\*\*if you feel uncomfortable or unwell, take the tablets and water slower**

**STEP 3:** Approximately 1 hour after the last tablet is swallowed, fill the provided container a 2<sup>nd</sup> time with 16 ounces of water (up to the fill line) and drink the entire amount over the next 30 minutes

**STEP 4:** Approximately 30 minutes after finishing the 2<sup>nd</sup> container of water, fill the provided container with another 16 ounces of water (up to the fill line) and drink the entire amount over the next 30 minutes.

**DAY 2:** At 6am the day of the procedure repeat steps 1-4 again using the 2<sup>nd</sup> bottle of tablets and 16 ounces of water. (if you have an arrival time earlier than 8am, you will need to take your 2<sup>nd</sup> dose earlier. Nothing within 3 hours of your arrival time.)

You may drink additional liquids from the approved liquids list in addition to the required water. The more you drink, the better your prep will work.

**AGAIN, NOTHING BY MOUTH WITHIN 2 HOURS OF YOUR SCHEDULED ARRIVAL TIME!! THIS INCLUDES LIQUIDS, FOOD, GUM AND HARD CANDIES!! ANESTHESIA HAS THE RIGHT TO DELAY OR CANCEL YOUR PROCEDURE IF YOU HAVE.**

**APPROVED LIQUIDS FOR A COLON PREP (NOTHING RED OR PURPLE IN COLOR)**

- GATORADE AND OTHER SPORTS DRINKS)
- JELLO
- ANY KIND OF BROTH
- FLAVORED SPARKLING WATERS AND SOFT DRINKS
- ANY FRUIT JUICES WITHOUT PULP
- ITALIAN ICE OR ICE POPS
- BLACK COFFEE OR TEA (NO DAIRY OR CREAMERS, SWEETENERS ARE FINE)
- PEDIALYTE OR OTHER ELECTROLYTE WATERS
- ENSURE CLEAR (NOT MIXED BERRY FLAVOR)

**TRICKS TO HELP WHILE DRINKING THE PREP**

- RIGHT AFTER DRINKING THE PREP, DRINK SOMETHING WITH A FLAVOR SUCH AS CHICKEN BROTH OR PULP FREE LEMONADE TO CLEANSE YOUR PALATE.
- YOU CAN SUCK ON A LEMON WEDGE TO LESSEN THE TASTE.
- GET A LARGE SMOOTHIE STRAW TO HELP WITH DRINKING THE PREP TO BYPASS THE TASTEBUDS
- DRINK THE PREP COLD.
- MIX THE PREP WITH ANY OF THE APPROVED LIQUIDS, INSTEAD OF WATER.

**LAST THOUGHT**

DURING AND AFTER THE PREP, YOU CAN USE AN OINTMENT OR DIAPER CREAM SUCH AS DESITIN, BALMEX, VASELINE OR A&D TO THE PERIANAL AREA TO DIMINISH SORENESS.

**AGAIN AS ANOTHER REMINDER- DO NOT DRINK ANYTHING WITHIN 2 HOURS OF YOUR SCHEDULED ARRIVAL TIME FOR YOUR PROCEDURE. IF YOU DO, YOU WILL BE MADE TO WAIT ANOTHER 2 HOURS OR CANCELED.**

**\*\*\*\*If you have any change in medical history or emergency room trips between the time you schedule your procedure and have your procedure, you must call and let the office know.**

## ATTENTION PATIENTS

If you take any of the following medications for Diabetes or weight loss you must hold them for a **minimum of 8 days** prior to your

procedure:

TRULICITY

BYDUREON

OZEMPIC

WEGOVY

MOUNJARO

ZEPBOUND

The following must be held for **1 day**:

VICTOZA

SAXENDA

BYETTA

RYBELSUS

GLIPRON

ADLYXIN

FAILURE TO DO SO WILL RESULT IN YOUR  
PROCEDURE BEING CANCELLED