



Stony Brook  
Medicine

## Colonoscopy Preparation Instructions: SUTAB Bowel Prep Kit

Name: \_\_\_\_\_

Procedure: Colonoscopy \_\_\_\_\_

Physician: \_\_\_\_\_

Location: \_\_\_\_\_

Date of Procedure: \_\_\_\_\_

Arrive at: \_\_\_\_\_

**Please note:** As a courtesy to other patients and to your doctor, please call (631) 444-5220 as soon as possible if you are unable to keep your appointment.



Colonoscopy is a routine, safe, pain-free procedure used to examine the colon (large intestine). In order for your doctor to get the best examination possible, your bowel will need to be cleaned out; any stool remaining in the colon can hide lesions and may result in the need to repeat the colonoscopy.

## **AS SOON AS POSSIBLE**

1. Make arrangements for a responsible adult to accompany you when leaving the procedure, even if you taking public transportation. **Your procedure may be canceled if we cannot confirm your transportation on the day of the procedure. Taxi and Rideshare (Uber®, Lyft® etc.) drivers are not acceptable. Your ride MAY be asked to wait in the car during your procedure due to visitor restrictions related to COVID-19.**
2. If you take any medications that increase your risk of bleeding, you must ask the prescribing doctor when to stop taking the medication before the procedure. The most common of these medications include but are not limited to:
  - Warfarin (Coumadin®)
  - Clopidogrel (Plavix®)
  - Ticagrelor (Brilinta®)
  - Effient (Prasugrel®)
  - Rivaroxaban (Xarelto®)
  - Apixaban (Eliquis®)
  - Dabigatran (Pradaxa®)
  - Enoxaparin (Lovenox®)

**You may continue taking aspirin unless otherwise instructed**

3. For patients with diabetes
  - Talk to your diabetes doctor about adjusting the dose of insulin the day before your procedure
  - If you use an insulin pump, a letter from your endocrinologist giving clear instructions on adjustments for basal rate before and during the procedure will be required.
  - If you use oral diabetes medications, do not take these medications on the morning of your procedure
4. If you have a pacemaker or defibrillator, please make sure your doctor is aware and bring the device card with you to your procedure

## **COVID-19 TESTING**

- You **MUST** have a **COVID PCR** test 3 days before your procedure, **regardless of vaccination status.** Our office will assist with scheduling testing.



## 5 DAYS PRIOR TO COLONOSCOPY

- Pick up your prescribed SUTAB bowel prep kit from the pharmacy if you haven't already
- Go to <https://www.sutab.com/Savings> for a savings coupon
- Stop taking any iron supplements, herbal medications or fish oil
- Avoid eating any nuts or seeds including poppy seeds, sesame seeds and sunflower seeds, any fruits or vegetables with seeds or corn
- Call the Admitting Office at (631) 444-1870 and provide your insurance information
- Confirm your transportation for the day of your procedure
- Please call if you need to reschedule your procedure

## 1 DAY BEFORE YOUR COLONOSCOPY

- **Do not eat any solid or soft food. Drink plenty of clear liquids throughout the day to prevent dehydration from the bowel preparation. Do not drink alcohol.**

Examples of clear liquids include:

- ✓ Water
- ✓ Clear juices without pulp (apple or white grape juice)
- ✓ Clear soup broth or bouillon
- ✓ Tea or coffee (1 cup)
- ✓ Gatorade®, Powerade® or similar sports drink (no red or purple)
- ✓ Ginger-ale or Lemon-lime soda (7-Up® or Sprite®)
- ✓ Jell-O® (no red or purple)
- ✓ Popsicles (no red or purple)

### Begin the bowel prep at 6PM.

#### Take the tablets with water

**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 of water over 15 to 20 minutes.



Tablets not shown actual size.



**IMPORTANT:** 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.

#### Drink additional water

**STEP 3** 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.

**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.



## ON THE DAY OF YOUR COLONOSCOPY

### Before leaving home

#### DOSE 2 – Day of the Colonoscopy

- Continue to consume only clear liquids until after the colonoscopy
- The morning of the colonoscopy (5 to 8 hours prior to the colonoscopy and no sooner than 4 hours from starting Dose 1), open the second bottle of 12 tablets
- Repeat **STEP 1** to **STEP 4** from **DOSE 1**



Tablets not shown actual size.



**IMPORTANT:** You must complete all SUTAB tablets and required water at least 2 hours before colonoscopy.

- All prep and clear liquids should be finished no less than 4 hours before the procedure time
- **No gum or hard candies**
- **Take your heart and blood pressure medications with a sip of water on the day of your procedure.**
- **Do not take any insulin or oral diabetes medications**
- Bring a list of your current medications
- Bring your defibrillator/pacemaker card if you have one
- Wear comfortable loose fitting clothing and flat shoes or sneakers.
- Do not wear jewelry or bring any valuables
- Do not wear contact lenses

#### **FOR PROCEDURES AT THE HOSPITAL**

- Park in the main visitor parking garage; validation will be provided for one vehicle. Valet parking **IS NOT** eligible for validation. **You must bring the parking ticket to endoscopy for validation.**
- Report to registration on hospital level 5 (lobby) 1 hour before your scheduled procedure time. They will then send you to endoscopy on 14 North.

#### **FOR PROCEDURES AT THE AMBULATORY CARE PAVILION (ACP)**

- Directions and map to the ACP building can be found on the next page
- You can park at the gated parking lot in front of the building. **You must bring the parking ticket to endoscopy for validation.**
- **Check in at the front desk 30 minutes before your procedure and they will direct you to endoscopy**

You should expect to be at the hospital or ACP for approximately 3 hours from time of registration to discharge from the endoscopy suite

**The Ambulatory Care Pavilion at Stony Brook Medicine.  
3 Edmund Pellegrino Road, Stony Brook NY**

**Directions:**

- Heading north on Nicolls Road, turn right onto E Loop Road. Then, make a left at the first traffic light onto Edmund D Pellegrino Road.
- While on Edmund D Pellegrino Road, head towards the signs that say “Breast Center” (we are located in the same building as the Breast Center/Old Cancer Center).
- Drive through the 1<sup>st</sup> traffic circle and continue straight.
- At the 2<sup>nd</sup> traffic circle, make a U-turn so you are going the opposite direction (see attached map for details).
- Veer to the right and you will see an entrance to a small gated parking lot in front of the building.
- Please press the button and take a parking ticket that we will validate for you. If the gate is up, drive through it and park.
- The front desk will ask you for your name and will direct you to endoscopy

