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| **7 days to procedure** | Review your prep instructions thoroughly and medication changes/restrictions starting today.STOP taking diet supplements. Medication information on last 2 pages of instructions.If you are diabetic contact your physician for medication adjustments.Purchase the following items:**Sutab**-Your prescription was sent electronically to your pharmacy at the time of schedule. If you do not pick up your prep within 7 days, your prescription may be filled and then put back on the shelf. Please call your pharmacy to verify the prescription is ready prior to picking up. If the pharmacy states they do not have your prescription and you waited more than one week to pick it up, it is possible they filled it and put it back on the shelf. You’ll need to alert them of this so they can locate your prescription.**Optional items**: Pre-moistened wipes and ointment (A&D, Desitin) to avoid irritation. Drink flavor packets and additional clear liquids (no red, orange, purple). |
| **5 days to procedure** | **STOP** iron and fiber supplements. STOP Aspirin. Contact us at 732-873-9200 if you are on blood thinning medication and have not received instructions regarding adjusting medication.Avoid eating: salads, raw vegetables, corn and seeded fruits (i.e. strawberries, kiwis, tomatoes, vegetable skins, grains and nuts.**You must have a responsible adult driver, or your procedure will be cancelled.** |
| **5 days to procedure** | A red plate with food on it  Description automatically generated with low confidence**STOP** eating popcorn, nuts, seeds, fruits & vegetables, and foods containing Olestra (fat free foods including fat free chips & crackers). Begin a low residue/low fiber diet (please see page 3 for examples. |
| **1 day to procedure** | **CLEAR LIQUIDS ONLY.**  A clear liquid diet is necessary for a colonoscopy. **NO MILK OR DAIRY.****Prep at a Glance*** **6:00 PM-** Take first dose of prep tablets (12 tablets total).
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| **Procedure Day** | **9 Hours prior to arrival**- Take second dose of prep tablets (12 tablets total).\*Nothing to eat or drink 5 hours prior to arrival time.NO GUM OR HARD CANDY till after your procedure. You may brush your teeth but do not swallow. |

**The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.**

You can reach Your Patient Advisor with non-medical prep questions at: **800.349.0285.**

You can reach your physician’s office at 732-873-9200

**Special Notes: Special Notes:** If you are on a blood thinning medication (Coumadin, Xarelto, Brilinta, Ticlid, Heparin, Effient, Plavix, Pradaxa, Aggrenox, Eliquis) and have not received instructions regarding adjusting your medication, please contact the appropriate number above based on facility scheduled. These medications need to be held prior to the week of the procedure.

**PREP WEEK AT A GLANCE**

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| **\*Clear Liquid Diet Details: NO RED, PURPLE or ORANGE NO DAIRY**  |
| **Approved** | **Avoid** |
| Sodas, coffee, tea, | No milk/dairy |
| clear juices, fitness waters, | No juices with pulp |
| Popsicles without pulp, | **NO RED,** **PURPLE** |
| chicken, vegetable & beef broth, gelatin |  |

**Bowel Prep Frequently Asked Questions**

**What is a clear stool?**

A clear stool can have a slight tint of yellow or brown. It will be completely transparent and will not contain any solid matter.

**I am not having bowel movements, what should I do?**

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink clear liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on-call physician for further instructions.

**The prep is making me nauseous, what should I do?**

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and contact your physician’s office during normal business hours or speak to the on-call physician.

**What are some high fiber foods I should avoid?**

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils.

**What are some good options for low fiber foods?**

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy, and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

**If I eat popcorn or seeds 5 days before my procedure, do I need to reschedule?**

You will not need to reschedule your procedure; however, the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact your provider or their medical assistant.

**Can I drink ALCOHOL on the liquid diet?**

Alcohol is not allowed as part of the liquid diet.

**Can I continue to be on the liquid diet after I begin consuming the laxatives?**

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 5-7 hours prior to the procedure.

**Why do I have to wake up so early for the 2nd dose, can’t I take it all the night before? *(Not applicable for same day prep instructions)***

A prep that is taken at two different time periods is called a split-dose prep. This prep protocol has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

**If I weigh under 100 pounds, do I need to take all the prep?**

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

# Prep Day: The day before your procedure

**Clear liquids only the day prior to the procedure. No solid foods** upon rising, until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

Your gastroenterologist may advise you to add bisacodyl/Dulcolax prior to starting your prep. If recommended, please follow the instructions given by the doctor or clinical staff.

**6:00 PM** the evening prior to your procedure:

* Open 1st bottle of 12 tablets - 
* Fill the provided container with water to the 16 oz fill line.
* Swallow each tablet with a sip of water and drink the remaining amount of water in the container within 45 to 60 minutes.

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**60 minutes** after the last tablet is ingested (Step 1) the evening prior to your procedure:

* Fill the container with water to the 16 oz fill line.
* Drink the entire amount within 30 minutes.

**30 minutes** After finishing the second container of water (Step2) the evening prior to your procedure:

* Fill the provided container with water to the 16 oz fill line.
* Drink the entire amount within 30 minutes.

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These steps are very important to the bowel cleansing process. Please drink the instructed amount of water and do not consume less than the recommended quantity.

IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating, or cramping) pause or slow the rate you are drinking.

*Individual responses to laxatives may vary. This preparation will cause multiple bowel movements, so it is advised to stay close to a bathroom.*

 **9 Hours Prior to arrival- The day of your procedure:**

* Open 2nd bottle of 12 tablets - 
* Fill the provided container with water to the 16 oz fill line.
* Swallow each tablet with a sip of water and drink the remaining amount of water in the container within 45 to 60 minutes.

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**60 minutes** after the last tablet is ingested (Step 4), the morning of your procedure:

* Fill the container with water to the 16 oz fill line.
* Drink the entire amount within 30 minutes.

**30 minutes** after finishing the second container of water (step 5) the morning prior to your procedure):

* Fill the provided container with water to the 16 oz fill line.
* Drink the entire amount within 30 minutes.

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IMPORTANT: You must complete the Sutab preparation by consuming all the tablets and drinking the required water at least 5 hours before arrival.

**Prep Day: The day OF your procedure:**

\*Nothing to drink 5 hours prior to arrival time for appointment.

The facility at which you are scheduled will call you to confirm your appointment the day before your procedure. Please follow their instructions and times for your arrival.

If you are unable to keep your appointment, please notify the Digestive Disease Center AND the surgical center no later than 48 hours in advance. Failure to do so may result in a $100 cancellation fee.

Day of Procedure Information

* Wear your glasses, if you don’t have glasses, bring contact lens case and solution with you. Contacts must be removed prior to procedure.
* Have a responsible adult driver.
* Bring your picture ID, insurance cards, co-pay, or deductible portion of your procedure.
* Bring your inhaler.
* Bring your medication list.
* Please do not wear any cologne, perfume, aftershave or body lotion.
* Please do not wear any jewelry.
* You may shower and apply deodorant before arriving for the procedure.

You do not need to come in earlier than your stated arrival time. Additional time for check-in and admission is already built into the arrival time.

5 Days Prior to Procedure Diet

Low Residue/Low Fiber Diet

Allowed

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| White bread or rolls without nuts and seeds | Plain white pasta, noodles, rice noodles, macaroni |
| Crackers, potato chips | Refined cereals such as Cream of Wheat, Cheerios, Rice Krispies |
| Pancakes or waffles | Fruit and vegetable juice with little/no pulp |
| Lean meat, poultry, fish, sausage, bacon | Eggs, tofu, creamy peanut butter |
| Milk & foods made from milk (yogurt-without fruit) | Pudding, ice cream, cheeses, cottage cheese, sour cream |
| Butter, margarine, oils, and salad dressing without seeds or nuts | Cheese pizza, spaghetti with no veggie chunks |
| Applesauce or pear sauce | Potatoes-instant or white varieties with no skin |
| Desserts with no whole grains, seeds, nuts, raisins, or coconut | Apricots (peeled) |
| Asparagus tips (well cooked) | Cantaloupe, honeydew, melon, and papaya (ripe) |
| Carrots (peeled & cooked until soft) | Bananas |
| Peaches (ripe and peeled) | Mushrooms (well cooked) |

Foods to Avoid

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| Whole wheat/whole grain breads, cereals, and pasta | Whole grains (oats, kasha, barley, quinoa) |
| Beans, peas & lentils | Seeds, nuts, popcorn |
| Brown & wild rice | Fruits & vegetables high in fiber or containing seeds or skins |
| Tough fibrous meats with gristle, raw clams, and oysters | Coconut |