Julie A. Lorber MD, P.C.
Colon and Rectal Surgery
33 Overlook Road, Suite 306, Summit, NJ 07901
Phone (908)273-2886 Fax (908)273-2882

SUTAB PREPARATION FOR COLONOSCOPY

Early morning Colonoscopy (prior to 10am)

If you have had major medical issues or changes in medication since your last visit here, please make us aware in advance of your Colonoscopy. If you take drugs, such as Diabetes medication, diuretics, blood thinners, and/or any weight loss medications please inform us when scheduling your Colonoscopy.

_____**For 1 week prior to your Colonoscopy:**
NO Aspirin, NSAIDS (Ibuprofen, Motrin), Fish Oil, Vitamin E or Iron (Tylenol is ok).

_____**For the 4 days prior to your Colonoscopy:**
Avoid high fiber foods such as bran, whole wheat, seeds, popcorn, nuts, fresh fruit, fresh vegetables, and fiber supplements, such as Metamucil and Benifiber. You may eat cooked, canned, or juiced fruits and vegetables.

_____**On the day before your Colonoscopy:**
Hydrate well with clear liquids, (Jell-O, broth, clear fruit juices such as apple or white grape, black coffee or tea, Italian ices, or popsicles) throughout the day. Please drink at least **2** quarts of fluid to avoid dehydration. Consume nothing **red or orange**.
You may have eggs, milk, plain chocolate or vanilla ice cream, plain yogurt, white breads, cottage cheese, cream cheese, grits, cream of wheat and cornflakes until 5pm. You can continue drinking the clear fluids.

Dose 1: _____

As close to 5pm as possible take 1st dose of prep. Continue to hydrate with clear liquids.

Take each tablet 5 minutes apart. You should drink at least 3 ounces of clear fluids with every pill. You may drink more if you need to. Continue to drink clear fluids as needed.

Approximately 1 hour after the last table is taken, drink 16 oz of clear fluid over 30 minutes.

Dose 2: _____

Take the second dose of the prep at 10pm or later, the night prior to your procedure but no sooner than 4 hours after completing dose 1. Continue clear fluids until 3 hours prior to your procedure**. Beginning 3 hours prior to procedure take nothing by mouth.**

*If your stool is not clear (you cannot see through to the bottom of the toilet bowl) prior to your visit, please take a fleet saline enema 30 minutes before leaving the house.

Withhold all medication the morning of your procedure, unless otherwise discussed with your doctor.