

AMBER M. KHAN, M.D.
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Mountainside, NJ 07092
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Your procedure is scheduled for Date: _____, Time: _____, at the **Garden State Endoscopy & Surgery Center, located at:**

**Diamond Head Building
200 Sheffield Street Ste #101
Mountainside, NJ 07092
Phone: (908) 241- 8900**

Arrival Time: **1 HOUR PRIOR TO YOUR SCHEDULED PROCEDURE** . Please make sure you have a responsible adult driver (18-year-old or older) who will pick you up after the procedure. No taxis allowed. It takes around 3-4 hours total time for a colonoscopy. Do not bring jewelry or valuables. No body-piercings or jewelry are allowed for the test.

PLEASE READ THIS PACKET IN ITS ENTIRETY AT LEAST ONE WEEK BEFORE YOUR PROCEDURE. All of Dr. Khan's preps are unique to the individual patient and you may be asked to begin prepping a few days in advance. DO NOT WAIT UNTIL THE DAY BEFORE TO READ YOUR INSTRUCTIONS.

IN ORDER FOR YOUR COLON TO BE CLEAN FOR YOUR COLONOSCOPY:

You must drink 48-64 oz of water daily for 3 days before your colonoscopy! THIS IS A VERY IMPORTANT STEP. If you know that you cannot drink this much water on a daily basis, call the office and we will change your prep.

WHAT TO BRING WITH YOU ON THE DAY OF YOUR PROCEDURE

- Insurance card(s)
- Photo ID

IMPORTANT INFORMATION ABOUT MEDICATIONS

- If you are on **blood thinners**, your doctor needs to know so they are stopped if indicated.
- **DO NOT TAKE** any Aspirin, Advil, Aleve, Ibuprofen, Motrin, Fish Oil, Vit E, Coumadin, or similar products for **a week (7 days) before the test** (UNLESS you have been advised to continue your blood thinners by Dr. Khan).
- Tylenol is allowed if needed.
- If you are diabetic, please inform the staff.
- No smoking cigarettes for 12 hours before.
- Nothing by mouth 4 hours before.
- No vaping or marijuana use for 24 hours.

Medications allowed on the day of the test: **Take AM medications at least 4 hours before procedure time with sips of water. Please take Zyrtec or Claritin in the AM 4 hours before procedure time as needed for allergies or post-nasal drip.**

On the Days *BEFORE* Your Procedure:

What You CAN Do

- Stay on clear liquids ONLY. DO NOT EAT OR DRINK ANYTHING FOR AT LEAST 4 HOURS BEFORE YOUR PROCEDURE.
- DO NOT EAT SOLID FOODS BEGINNING THE DAY BEFORE YOUR COLONOSCOPY

Liquids That Are OK to Drink While Prepping

- Coffee or tea (no cream or nondairy creamer)
- Fruit juices (without pulp)
- Gelatin desserts (no fruit or toppings)
- Water
- Chicken broth
- Clear soda (such as ginger ale)

What You CANNOT Do While Prepping

- Do not drink milk or eat anything that is red, blue, or purple in color.

- Do not drink alcohol.

SUTAB PREP INSTRUCTIONS (Part 1)

PART 1 MAY NOT APPLY TO YOU

You may be asked to start prepping for your colonoscopy with DULCOLAX 5mg laxative tablets a few days before beginning the actual Sutab Prep. This is to ensure that the prepping process is as seamless as a prep can be.

Take 4 Dulcolax tablets each night for 1/2/3 night(s) before beginning the actual prep.

If the spaces above are left blank, you do NOT have to worry about taking Dulcolax and you may proceed to the following step. All of Dr. Khan's preps are unique to the individual patient.

SUTAB PREP INSTRUCTIONS (Part 2)

PART 2 APPLIES TO EVERYONE

- Do not take any oral medications within 1 hour of starting each dose of SUTAB.
- If taking Tetracycline or Fluoroquinolone antiobiotics, Iron, Digoxin, Chlorpromazine, or Penicillamine take these medications at least 2 hours before and not less than 6 hours after administration of each dose of SUTAB.
- **Suggested Times to take the Sutab pills:**

9AM - 1PM Procedure Time:

Dose 1 = 5pm day before procedure

Dose 2 = 11pm day before procedure

1:30PM - 5PM Procedure Time:

Dose 1 = 10pm day before procedure

Dose 2 = 6am day of procedure

The Dosing Regimen

SUTAB is a split-dose (2-day) regimen. A total of 24 tablets is required for complete preparation for colonoscopy. You will take the tablets in two doses of 12 tablets each. Water must be consumed with each dose of SUTAB, and additional water must be consumed after each dose.

DOSE 1 – On the Day Prior to Colonoscopy

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.

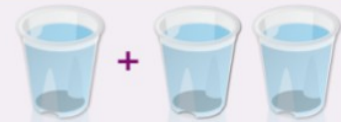
STEP 4 Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

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.

Please make sure that on the morning of your Colonoscopy you are passing CLEAR liquid without any debris. If you don't see the bottom of the toilet bowl through it, your Colon is not clean.

ONCE AGAIN: STOP drinking all liquids or consuming anything by mouth for 4 hours before the procedure. You are required to be strictly fasting during this time.

IT IS YOUR RESPONSIBILITY AS THE PATIENT TO LET DR. AMBER KHAN'S OFFICE KNOW OF ANY CHANGES OR UPDATES TO YOUR MEDICAL HISTORY/MEDICATIONS AT LEAST ONE WEEK PRIOR TO YOUR PROCEDURE.