

SUTAB

PLEASE FOLLOW OUR INSTRUCTIONS TO PREPARE FOR YOUR PROCEDURE

3-2 Day Prior to Procedure

Start a low-fiber diet. **Avoid** seeds, nuts, corn, popcorn, raw fruits and raw vegetables. You should also stop taking fiber supplements and anti-diarrheal medication.

1 Day Before

Follow a clear liquid diet which means **avoiding** solid foods. **DO NOT** drink or eat anything red or purple. You **can** have: clear broth, Jell-O, popsicles, water, apple juice, white grape juice, diet or regular ginger ale or Sprite. **Please do not eat any solid foods, or drink any liquid with pulp or dairy products (this includes creamer in your coffee).** Please avoid alcohol as this can dehydrate you.

DO NOT EAT ANYTHING AFTER MIDNIGHT

First Dose of SUTAB:

Around 4-5pm the day before your procedure:

Step 1: Open the first bottle of 12 tablets.

Step 2: Fill the provided container with 16 ounces of water.

Step 3: Swallow each tablet with sips of water and drink the entire 16 ounces of water over 15-20 minutes

Step 4: You **MUST** drink two (2) more 16 ounce containers of water over the next hour.

It is important to drink the entire amount of water as instructed for optimal prep.

If you experience nausea, bloating, or cramping, pause or slow the rate. Resume when symptoms diminish.

Second Dose of SUTAB:

At 10pm the night before your procedure

Repeat steps 1 through 4, for the remaining 12 tablets.

The instructions in this section only apply if SUTAB was not allowed by your insurance company. If you have SUTAB please skip this section and go directly to the next section below.

Generic prep: (Peg 3350, Go-Lytely, Gavi-Lyte-C, etc.)

Mix this prep on the morning before your procedure and refrigerate. You will also need to purchase 2 DULCOLAX **laxatives** and take them both at **2pm** on the day before your procedure.

At **4pm** you will drink 8 oz. every 10-15 minutes of mixed solution until half of the container is empty. At **11pm** on **the night before your procedure** you will drink the remaining half of the solution, again 8 oz every 10-15 minutes until the container is empty. DO NOT ADJUST THESE TIMES.

MEDICATIONS - Please contact your prescribing physician before interruptions of your medications

Please **stop** these medications **5 days** prior to the procedure: NSAIDS, Iron, Vitamins plus Iron, Plavix, Pradaxa, Xarelto.

Please **stop** these medications **3 days** prior: Coumadin & Warfarin. Please **stop** taking these medications **2 days** prior:

Eliquis & Aspirin. ***Diabetics:** **DO NOT** take your pills the morning of your procedure. For Insulin, take half of your usual dose the day before, then none on the day of your procedure. **Check your blood sugar the morning of your procedure. If**

it is high, call our office so we can give individual instructions. ***Dialysis Patients:** you **must** be dialyzed the day before

your procedure. ***Heart Issues:** IF YOU ARE BEING FOLLOWED BY A CARDIOLOGIST, HAVE HAD A RECENT HEART TEST, AND/OR ARE SCHEDULED TO HAVE ONE DONE, PLEASE LET OUR OFFICE KNOW AS ANESTHESIA REQUIRES THIS INFORMATION. ***Asthmatics:** Bring

your current inhalers with you.

****Take your medications for Blood Pressure, Heart, Anxiety, Seizure and Asthma/Lung the morning of your procedure with just enough water to get the medication down, less than 3 ounces.**