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## INSTRUCTIONS FOR SUTAB BOWEL PREP

Date of procedure \_\_\_\_\_ Name of Patient \_\_\_\_\_

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|--|--|--|
| ___ Casper Surgical Center<br>1201 East 3 <sup>rd</sup> St<br>PH: (307) 577-2950 | ___ Summit Medical Center<br>6350 E 2 <sup>nd</sup> St<br>PH: (307) 232-6600 | ___ Wyoming Medical Center<br>1233 E 2 <sup>nd</sup> St<br>PH: (307) 577 -7201 |
|--|--|--|

### THE DAY BEFORE YOUR PROCEDURE \*\*\*\*NO SOLID FOODS\*\*\*\*

YOU MAY DRINK CLEAR LIQUIDS ONLY that you can see through / IT IS ENCOURAGED TO REPLENISH YOUR ELECTROLYTE LOSS WITH GATORADE/POWERADE/PEDILYTE (AVOID RED, PURPLE OR BLUE)

#### NOT ALLOWED:

- Solid Food
- Alcohol
- Milk/Milk Products
- Orange juice

#### ALLOWED CLEAR LIQUIDS TO DRINK:

We encourage you to drink plenty of the following:

- Clear fruit juices **WITHOUT** pulp: apple, white cranberry, white grape, lemonade (sweeteners are permitted). Crystal Light
- Water, Tea, **Black** Coffee, clear broth and bouillon (any flavor)
- Carbonated soft drinks-regular or diet (Sprite, Ginger Ale, 7-Up, Coke, Pepsi)
- Gatorade, Kool-Aid, Jell-O, or other fruit flavored drinks (**avoid red, purple, or blue food color**)
- Ice Popsicles (avoid red, purple, or blue food color), Italian Ice

### AT 5:00 PM THE EVENING BEFORE YOUR PROCEDURE

**Step #1** Fill provided container with 16oz of water & open one bottle of SUTAB tablets

**Step #2** Swallow 4 tablets individually and wait 20 minutes then repeat two more times until all 12 tablets are gone.

**Step #3** Allow one hour for pills to digest, then continue to **Step #4**

*Note: If you experience symptoms such as nausea, bloating or cramping – pause or slow down the rate of drinking the additional water until your symptoms diminish.*

**Step #4** You must drink 2 more 16 oz containers of water over the next few hours

\*You may continue to consume the clear liquids on the instruction sheet throughout the evening.

#### Diabetic Instructions

- **If you are diabetic and on Insulin:** take only ½ of your evening dose and **do not** take the morning dose the day of your procedure.
- **If you are diabetic and on Oral Medications:** **Do not** take diabetic medications the evening before or the morning of your procedure.

### THE MORNING OF YOUR PROCEDURE

**6 HOURS PRIOR TO YOUR PROCEDURE @** \_\_\_\_\_ **REPEAT STEPS #1-#3**, as above. Once all of the pills have been taken, chew the attached Gas X tablet. Within the next HOUR drink 32 oz of water.

**4 HOURS PRIOR TO YOUR PROCEDURE STOP ALL CLEAR LIQUIDS BY** \_\_\_\_\_

**CHECK IN @** \_\_\_\_\_ **FOR A** \_\_\_\_\_ **PROCEDURE**

Please note: Your check in time is subject to change per the request of the surgical center you are scheduled with.

## BEFORE YOUR PROCEDURE CHECK MEDICATIONS

If you take any of the following medications, please consult your GI doctor or your primary care provider.

Your last dose will be on \_\_\_\_\_

Aggrenox Pradaxa Xarelto Coumadin Plavix Lovenox Effient Ticlid Jantoven Eliquis

**Do NOT take any NSAIDS 7 days prior to your procedure. In addition, please STOP taking any of the following:**

Advil Alka-seltzer Ibuprofen Arthrotec Vitamin E Iron pills Mobic Multivitamins Motrin Aleve  
Naproxen Fish Oil(Omega -3) Lodine Diclofenac Naprosyn Meloxicam Pepto-Bismol Excedrin Ginko Biloba Celebrex

**\*\*Aspirin 325mg**

You may take Tylenol or Acetaminophen for pain.

**\*\*If you are taking aspirin under the direction of a cardiologist to prevent a stroke or heart attack, then we will likely have you continue taking it.**

**Transportation:** You **MUST** make arrangements for someone to drive you home, if you will be receiving any type of anesthesia or sedation. This person must be with you at time of check-in. **If you do not have a ride, your procedure will be cancelled.** If you are responsible for young children, make arrangements for their care during your procedure and the remainder of the day.

## **COLONOSCOPY PATIENTS MUST STRICTLY FOLLOW THE GUIDELINES GIVEN ABOVE, NOT THE INSTRUCTIONS IN/OR ON THE BOX.**

**YOU MUST NOT EAT ANY SOLID FOODS THE DAY BEFORE THE PROCEDURE.**

**YOU MUST STOP DRINKING CLEAR LIQUIDS 4 HOURS BEFORE YOUR PROCEDURE TIME.**

**IF YOU CONSUME SOLID FOOD OR DRINK ANY CLEAR LIQUIDS OUTSIDE OF THESE INSTRUCTIONS YOUR PROCEDURE WILL BE CANCELED FOR YOUR SAFETY.**

**IT IS EXTREMELY IMPORTANT THAT YOU FOLLOW THESE INSTRUCTIONS TO ENSURE A GOOD PREP.**

**A GOOD PREP IS THE ONLY WAY WE CAN PROVIDE YOU WITH A THOROUGH EXAMINATION**