

INSTRUCTIONS FOR SUTAB PREP

- Your procedure is scheduled at **our Endoscopy Center** _____ at _____
You should expect to be at the endoscopy center for about 2 to 2 ½ hours.
- Obtain your bowel prep products from your pharmacy using the prescription provided, and buy Gas-X over the counter.
- DO NOT take any of your regular a.m. medications (**EXCEPT inhalers and medicines for seizures**) on the day of your test. **Continue to take your inhalers and seizure medications as prescribed by your physician.** Bring your medication bottles with you.
- **DO NOT TAKE ANY ORAL MEDICATIONS WITHIN AN HOUR OF YOUR PREP.**
- **You will need special instructions if you take Coumadin/Warfarin, Pradaxa, Xarelto, Eliquis, Savaysa, or other anticoagulants. Please let us know** if you take any of these medications. You may need to be switched to a blood thinning shot. You can continue taking your aspirin.
- **DO NOT** take your **diabetic pills** the evening before and morning of your test. You should only **take half** the usual dose of **insulin shot** the day before your test, and none the morning of your test.
- In preparation for your procedure, try to **eat less foods high in fiber** for at least **5 days** before the procedure. Some examples to avoid: bran, whole grain cereals, all beans, raw fruit and vegetables, potato skins, nuts raisins, corn, seeds, popcorn (**SEE DIET SHEET**)

THE DAY BEFORE YOUR TEST _____

- Have a light breakfast **BEFORE 10:00 a.m.** on _____. Then start **CLEAR LIQUIDS ONLY**, and continue until two hours before your test. SEE CLEAR LIQUID DIET SUGGESTIONS LIST (NO RED OR PURPLE). NO SOLID FOOD AFTER 10AM THE DAY BEFORE YOUR TEST
- Drink 8oz of clear liquid every hour before you start your prep. This will help prevent dehydration.
- At 4 p.m. Open **1 BOTTLE** of SUTAB 12 tablets. Fill the provided container with 16oz of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over **15-20 minutes**.
- **1 HOUR AFTER THE LAST TABLET** fill the provided container again with 16 oz of water, and drink the entire amount within 30 minutes.
- **30 MINUTES AFTER FINISHING THE SECOND CONTAINER OF WATER**, fill the cup with 16 oz of water (to the fill line), and drink the entire amount over 30 minutes.
- **Take 2 Gas-X tablet with 8oz of clear liquid at 8pm**

THE DAY OF YOUR TEST _____

- On the day of your test at _____ (5 hours before test) **OPEN THE 2ND BOTTLE OF 12 TABLETS**. Fill the provided container with 16oz of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over **15-20 minutes**.
- **1 HOUR AFTER THE LAST TABLET** fill the provided container again with 16 oz of water, and drink the entire amount within 30 minutes.
- **30 MINUTES AFTER FINISHING THE SECOND CONTAINER OF WATER**, fill the cup with 16 oz of water (to the fill line), and drink the entire amount over 30 minutes.
- **Take 2 Gas-X tablet with 8oz of clear liquid immediately after finishing your prep.**
- You may continue with a clear liquid diet until 2 hours before your test _____
- EAT NO SOLID FOOD
- **DO NOT EAT OR DRINK ANYTHING FOR 2 HOURS BEFORE YOUR TEST**
- You may apply a petroleum based ointment or diaper rash ointment to the rectal area if you experience discomfort.
- YOU WILL NEED A **RESPONSIBLE ADULT** TO DRIVE YOU HOME AFTER YOUR PROCEDURE. PLAN ON TAKING THE WHOLE DAY OFF OF WORK/SCHOOL. THE DAY OF YOUR PROCEDURE IF YOU DECIDE TO RIDE THE **BUS OR TAXI** A **RESPONSIBLE ADULT** SHOULD RIDE WITH YOU.
- You may have a friend/family member come with you for your procedure. Due to limited parking and sitting space, we ask that you only come with one family or friend. Please arrange for someone to care for your children while you're at our surgery center. We appreciate your understanding with this policy.
- Please call the office at **910-353-6158** if you have any questions regarding your prep or procedure

PLEASE FOLLOW THE INSTRUCTIONS ABOVE TO ENSURE YOUR COLON IS CLEAN. WE MAY NEED TO REPEAT THE TEST IF YOUR COLON IS NOT CLEAN

PLEASE VISIT THE **PATIENT EDUCATION** SECTION ON OUR WEBSITE
www.eastcarolinagastroenterology.com TO LEARN MORE ABOUT YOUR PROCEDURE