

**YOUR BOWEL PREP IS EXTREMELY IMPORTANT!**  
**PLEASE READ INSTRUCTIONS CAREFULLY**

<p><b>1 Week Before</b></p>	<ul style="list-style-type: none"> <li>❑ <b>Purchase</b> the following: <ul style="list-style-type: none"> <li>○ SuTab Bowel prep – Pick up from pharmacy. If your insurance does not cover this, do not purchase it and contact our office for other options.</li> <li>○ GasX or simethicone gas relief over the counter. You will only need 4 of these. These help to reduce bubbles in your GI tract which improves the quality of your exam.</li> <li>○ Clear liquids – Refer to clear liquid diet handout.</li> </ul> </li> <li>❑ <b>Plan for a driver:</b> Plan for someone to drive you home or escort you if taking alternate modes of transportation. You will be sedated for your procedure. You should not drive again until the morning after your procedure.</li> <li>❑ <b>Stop eating</b> any visible seeds, nuts or whole grains. You can still eat fruits and vegetables if you remove the seeds from them. While we may not cancel your procedure if you have accidentally eaten them the week before your procedure, it may impact the quality of your prep.</li> <li>❑ <b>Stop taking all supplements.</b> Continue taking your prescription medications and multivitamins.</li> <li>❑ If you are <b>diabetic</b> and/or taking <b>prescription blood thinning medication</b>, refer to handout. If you did not receive this handout, contact our office.</li> </ul>
<p><b>1 Day Before</b></p>	<ul style="list-style-type: none"> <li>❑ <b>Start clear liquid diet</b> from the time you wake up. See clear liquid diet handout.</li> <li>❑ <b>At 6:00 pm</b> <ul style="list-style-type: none"> <li>○ Open 1 bottle of SuTab tablets and swallow each tablet with a sip of water. Drink the first 16 oz container of water within 20 minutes.</li> <li>○ Take 2 GasX pills.</li> </ul> </li> <li>❑ Over the next hour, <b>drink two</b> more 16 oz containers of cool/cold water. Do not guzzle it. <ul style="list-style-type: none"> <li>○ If you experience nausea or vomiting take a 15-30 minute break, then continue drinking liquids.</li> </ul> </li> <li>❑ Continue clear liquids to stay hydrated.</li> </ul>
<p><b>Procedure Day</b></p>	<ul style="list-style-type: none"> <li>❑ <b>Continue clear liquid diet</b> from the time you wake up.</li> <li>❑ <b>6 HOURS PRIOR to your procedure:</b> <ul style="list-style-type: none"> <li>○ <b>Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana.</b></li> <li>○ Open 1 bottle of SuTab tablets, and swallow each tablet with a sip of water. Drink the first 16 oz container of water within 20 minutes.</li> <li>○ Take 2 more GasX pills.</li> <li>○ Drink two more 16 oz containers of cool/cold water over the next hour.</li> </ul> </li> <li>❑ <b>4 HOURS PRIOR to your procedure:</b> <ul style="list-style-type: none"> <li>○ NOTHING by mouth – including gum, hard candy/mints.</li> <li>○ You may take your essential morning medications with four tablespoons (2 oz) of water, 2-4 hours prior to your procedure, unless otherwise directed by your physician.</li> </ul> </li> <li>❑ <b>After your prep</b> your stools should appear clear yellow-green with no solid matter or fecal sediment. You should be able to see through to the bottom of the toilet. If you cannot see through to the bottom of the toilet and your appointment is before 8am, you may call the on-call physician after 6am. Otherwise, please call the endoscopy center after 7am for further advice.</li> <li>❑ <b>Have the following:</b> <ul style="list-style-type: none"> <li>○ A ride home.</li> <li>○ Insurance cards &amp; driver's license. Do not bring valuables.</li> </ul> </li> </ul>