

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

Prep: SuTab

<p><b>1 Week Before</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Purchase</b> the following: <ul style="list-style-type: none"> <li><input type="checkbox"/> SuTab Bowel prep prescription from your pharmacy.</li> <li><input type="checkbox"/> 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><input type="checkbox"/> Clear liquids – Refer to clear liquid diet handout.</li> </ul> </li> <li><input type="checkbox"/> <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><input type="checkbox"/> <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. Please do not take oil-based vitamins (A, D, E or K, fish oil, etc.) or supplements for a full 7 days before your procedure. 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><input type="checkbox"/> 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>	<p><b>PLEASE FOLLOW THE PREP INSTRUCTIONS PROVIDED BY OUR OFFICE</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Start clear liquid diet</b> from the time you wake up. See clear liquid diet handout.</li> <li><input type="checkbox"/> <b>At 6:00 pm</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 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. Do not cut or crush the tablets.</li> <li><input type="checkbox"/> <b>Take 2 GasX pills.</b></li> </ul> </li> <li><input type="checkbox"/> 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><input type="checkbox"/> If you experience nausea or vomiting take a 15-30 minute break, then continue drinking liquids.</li> </ul> </li> <li><input type="checkbox"/> Continue clear liquids to stay hydrated.</li> </ul>
<p><b>Procedure Day</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Continue clear liquid diet</b> from the time you wake up.</li> <li><input type="checkbox"/> <b>6 HOURS PRIOR to your procedure:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana.</b></li> <li><input type="checkbox"/> 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><input type="checkbox"/> <b>Take 2 GasX pills.</b></li> <li><input type="checkbox"/> Drink two more 16 oz containers of cool/cold water over the next hour.</li> </ul> </li> <li><input type="checkbox"/> <b>4 HOURS PRIOR to your procedure</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> NO DRINKING/NOTHING by mouth – including water, gum, hard candy/mints.</li> <li><input type="checkbox"/> The only exception: If you have a critical medication that cannot be taken 4-6 hours early, it can be taken up to 2 hours before the procedure, BUT ONLY WITH A SIP OF WATER (no more than 2-3 TABLESPOONS).</li> </ul> </li> <li><input type="checkbox"/> If you cannot see through to the bottom of the toilet, please call our office for further advice after 6 am.</li> <li><input type="checkbox"/> <b>Have the following:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> A ride home. To be confirmed at check-in.</li> <li><input type="checkbox"/> Insurance cards and driver's license. Do not bring valuables.</li> </ul> </li> </ul>