

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

Prep: SuTab - 2 Day with Magnesium Citrate

<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>○ SuTab Bowel prep prescription from your pharmacy.</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>○ 10-ounce bottle of GREEN or CLEAR magnesium citrate (over the counter laxative). <b>NO RED OR PURPLE.</b></li> <li>○ Clear liquids – Refer to <b>clear liquid diet handout</b>.</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. Refer to the <b>dietary guidelines handout</b>. Please do not take oil-based vitamins/supplements (A, D, E or K, fish oil, etc.) 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>2 Days Before</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Start clear liquid diet</b> from the time you wake up. Refer to clear liquid diet handout.</li> <li><input type="checkbox"/> <b>At 7:00 pm:</b> Drink the 10-ounce bottle of magnesium citrate. Drink over 15 minutes to reduce nausea.</li> <li><input type="checkbox"/> Continue clear liquids to stay hydrated.</li> </ul>
<p><b>1 Day Before</b></p>	<p style="text-align: center;"><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>○ 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>○ <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>○ 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>○ <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>○ <b>Take 2 GasX pills.</b></li> <li>○ 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>○ NO DRINKING/NOTHING by mouth – including water, gum, hard candy/mints.</li> <li>○ 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, <b>BUT ONLY WITH A SIP OF WATER</b> (no more than 2-3 TABLESPOONS).</li> </ul> </li> <li><input type="checkbox"/> If you cannot see through to the bottom of the toilet one hour after finishing your prep, 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>○ A ride home. To be confirmed at check-in.</li> <li>○ Insurance cards and driver's license. Do not bring valuables.</li> </ul> </li> </ul>