



### **WHAT TO BRING AND DO PRIOR TO PROCEDURE:**

- Please bring your PHOTO ID and INSURANCE CARD.
- Please bring a list of your current medications (including non-prescription) and allergies.
- **YOU MUST HAVE A DRIVER 18 YEARS OF AGE OR OLDER WHO WILL ACCEPT RESPONSIBILITY AND DRIVE YOU HOME.** They will be notified when your procedure is over and MUST be present at the time of discharge to receive instructions and teachings. You are NOT allowed to take a bus, taxi, access a Ride, walk home etc.
- **If you do not have a ride, your procedure will be cancelled or rescheduled.**
- You should plan to be at our facility for at least 2 hours.
- Read prep instructions THOROUGHLY.
- **DO NOT DRINK ANYTHING FOR 3 HOURS BEFORE YOUR PROCEDURE.**

**The Wyoming Endoscopy Center is located just North of Digestive Health Associates in New Bedford Square. The address is 7220 Commons Circle, Cheyenne WY 82009**

### **SUTAB PREP INSTRUCTIONS**

#### **5 Days prior to your procedure:**

- Discontinue Iron and Fish oil
- If on blood thinners please make us aware, but you will need to consult with prescribing physician for possible hold or alterations of blood thinner (Coumadin, Warfarin, Pradaxa, Xarelto and Eliquis)
- If you are diabetic, please see Diabetic Instructions.

#### **3 Days prior to your procedure:**

- Discontinue Fiber Supplements
- Begin a low-fiber Diet...please see Diets and Tips.

## **1 Day prior to your procedure:**

### **DOSE # 1**

- The day before your procedure you may have a light breakfast before 9:00am (Soft egg, Dried Toast)
- After 9:00am you will begin a clear liquid diet...please see Diets and Tips
- Do not take oral medications within 1 hour of starting each dose of SUTAB
- At **6:00pm** (night before) you open the bottle of 12 tablets.
- **Step 1:** Fill the provided container with 16oz of water (up to the fill line). Swallow 1 tablet every 2-3 minutes with a sip of water Do not take multiple tablets together.
- **Step 2:** Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16oz of water (up to the fill line), and drink the entire amount over 30 minutes.
- **Step 3:** 30 minutes after finishing the second container of water, fill the provided container with 16oz of water again, and drink the entire amount over 30 minutes.

**Once you finish drinking the required amount of water needed for the prep, it is very important that you keep drinking clear liquids the rest of the night and up until 3 hours prior to your procedure. Drinking plenty of fluids ensures you stay will hydrated.**

***IMPORTANT: If you experience preparation-related symptoms (for example, nausea, vomiting, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.***

## **The day of the procedure:**

### **DOSE # 2**

- Beginning **6 hours** prior to your procedure time at \_\_\_\_\_, you will open the second bottle of 12 tablets.
- Repeat Steps 1-3 from Dose # 1
- You may take your morning medication with a sip of water.
- You may take your morning medication with a sip of water however **do not take oral medication within 1 hour of starting each dose of SUTAB**

**3 HOURS PRIOR TO YOUR PROCEDURE YOU MAY NOT HAVE ANYTHING BY MOUTH including Clear Liquids, Candy, Mints or Gum**

Please do not bring any valuable items to the Wyoming Endoscopy Center. We will not be held responsible for replacing any lost or misplaced items. Thank you.

## **DIET and TIPS**

Bowel Prep is needed to perform an effective Procedure. If your bowel prep is not sufficient it will result in the need to reschedule the procedure as we will not be able to see lesions or polyps.

### **High Fiber foods to AVOID 3 days prior to procedure:**

- whole wheat or whole grain breads, cereals, and pasta
- brown or wild rice, oats, kasha, barley, and quinoa
- Fruits (fried and prune juice)
- seeds/nuts and foods containing them, peanut butter.
- Dried beans, peas and lentils
- Coconut, Popcorn
- Vegetables (this includes both raw and undercooked)

### **Low Fiber ALLOWED:**

- white bread
- white rice, plain white pasta, crackers
- refined hot cereals: such as cream of wheat or cold cereals less than 1 gram of fiber per serving.
- pancakes/waffles made from refined flour.
- fruit/vegetables juice with little or no pulp, fruit flavored drinks/flavored water
- tender meat, poultry, fish, eggs and tofu
- milk and foods made from milk, yogurt, pudding, ice cream, cheese and sour cream-if tolerated
- butter, margarine, oils and salad dressing without seeds

### **CLEAR LIQUID DIET**

- water, sports drinks, energy drinks, clear soda's (7-up, sprite, ginger ale) tea, black coffee, juice without pulp
- Clear broths, gelatin, popsicles (yellow or green)
- sugar, honey, syrup and hard candy
- **DO NOT EAT ANYTHING RED OR CONTAINING RED DYE**
- avoid flavors such as: strawberry, cherry, watermelon, grape and orange.

**NO SOLID FOODS, NO MILK PRODUCTS, NO ORANGE JUICE and NO ALCOHOL**