

IMPORTANT FOR YOUR OWN SAFETY
INSTRUCTIONS MUST BE FOLLOWED OR YOUR PROCEDURE WILL BE RESCHEDULED!

ITEMS YOU WILL NEED:

- **SUTAB** prescription (to be filled at your pharmacy)
- **Bottle of Magnesium Citrate 10oz** (over the counter)
- **Full and Clear liquids** including broth and/or Gatorade (see list on back page).

5 DAYS PRIOR TO YOUR PROCEDURE

STOP THE FOLLOWING:

- Oil Capsules & Iron Supplements (Ferrous Sulfate)

HOLD BLOOD THINNING MEDICATION

DAYS PRIOR TO YOUR PROCEDURE

- After getting approval from prescribing physician discontinue all blood thinning medications (Aggrenox, Arixtra, Coumadin, Effient, Pradaxa, Warfarin, etc.)

MEDICATIONS YOU ARE REQUIRED TO TAKE

- Diabetes medication (oral or injection) - take one half the usual dose the day prior to procedure
Omit Diabetes medication day of procedure.
- Heart, Blood Pressure, Seizure, Asthma medications must be taken 4 hours prior to your scheduled procedure time with a sip (less than 1 oz) of **clear liquid**.

TWO DAYS PRIOR TO YOUR PROCEDURE: Full and Clear liquids only - NO SOLID FOOD

- At 6:00pm drink the 10oz bottle Magnesium Citrate (chill and drink with a straw)

ONE DAY PRIOR TO YOUR PROCEDURE: Clear liquids only - no solid food

- Around 6pm on the evening before your procedure complete steps 1 through 4. Do not take oral medications within 1 hour of starting each dose of SUTAB.
 1. Add cold drinking water to the 16-ounce line on the container provided
 2. Open 1 bottle of **SUTAB** containing 12 tablets, swallow each tablet with a sip of water and drink the entire amount over 15-20 minutes.
 3. One hour after the last tablet was ingested, fill the provided container again to the 16-ounce line and slowly drink over a 30 minute period.
 4. Approximately 30 minutes after finishing the container of water, repeat step 3.

Continue drinking approved clear liquids (see list) until 4 hours prior to procedure

ON THE MORNING OF YOUR PROCEDURE:

7 hours before your procedure repeat steps 1 through 4 using the remaining bottle of **SUTAB**. Do not take oral medications within 1 hour of starting each dose of SUTAB.

- **NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE**
- **SOMEONE ELSE MUST BE AVAILABLE TO DRIVE YOU HOME**
- **PLEASE NOTIFY OUR OFFICE IF THERE HAS BEEN A CHANGE IN YOUR HEALTH OR MEDICATIONS SINCE SCHEDULING PROCEDURE**

Nothing by mouth after _____ day of exam.
OVER

APPROVED FULL LIQUIDS – ONLY 2 DAYS PRIOR (NO ALCOHOL)

- Strained cream soups
- Milk
- Ice Cream / Milkshakes (vanilla or chocolate)
- Pudding
- Yogurt (without fruit)
- Instant Breakfast Drinks
- Ensure

APPROVED CLEAR LIQUIDS (NO ALCOHOL)

- Fruit juices without pulp (apple, grape, cranberry, etc.)
- Coffee or Tea (without milk or non-dairy creamer.)
- Jell-O (No **RED** Jell-O)
- Clear broth or bouillon (beef or chicken.)
- Sport Drinks (Gatorade, Powerade, etc.)
- Kool-Aid
- Soft Drinks (all Pepsi & Coke products.)
- Popsicles
- Ensure **CLEAR**
- Water

How do I know if my prep is working after drinking the second half? Look at your stool!

- Your prep is working if the output is clear (able to see the bottom of the toilet bowl). The output may be yellow and clear like urine or a light orange and almost clear (no solid pieces).
- The prep may not be adequate and you should contact the office if the output is dark orange and somewhat clear or brown and murky (unable to see the bottom of the toilet bowl).
- Your procedure could be rescheduled or delayed if you are not prepped properly. If you are not sure that your prep is working, please call (541)779-8367.

Important Prescription Information

A prescription for Sutab has been sent to your pharmacy, please pick it up ASAP as the prescription at the pharmacy will expire and be invalid in about 7 days.

If Sutab is not covered by your insurance plan OR you determine that Sutab is too expensive, you have the option to do a less expensive alternative prep that has been approved by our physicians.

If you choose not to purchase Sutab, you will need to purchase the following items instead.

- **Miralax or generic (510 Gram bottle),**
- **4 (four) -5mg Dulcolax tablets**
- **2 (two) 10oz bottles of Magnesium Citrate.**

For detailed alternative prep instructions, log onto our website www.gpcpcmedford.com and select the “PROCEDURE PREP” tab and choose the **Procedure 2 Day Prep - Miralax**