

# SuTab Preparation

## Purchase the Following Products:

1. **SuTab** available from your pharmacy (following instructions provided with product)
2. **One (1) MiraLAX 238-gram bottle or generic equivalent** (to be mixed in the clear liquid choice below prior to drinking)
3. **One (1) Gatorade 64-ounce bottle (NOTHING RED, ORANGE OR PURPLE)**. Sugar-free drinks (G2, Powerade Zero, Propel, Crystal Light or water) are also options.

**A RESPONSIBLE DRIVER MUST REMAIN AT THE FACILITY  
THROUGHOUT YOUR APPOINTMENT. NO EXCEPTIONS.**

**Please read all instructions thoroughly.**

**\*\*If you are taking an injectable GLP medication for diabetes or weight loss you  
must not take the medication 7 days prior to your procedure.\*\***

**\*\* Please do not have nuts, seeds, or corn 3 days before your procedure\*\***

## The Day BEFORE Your Exam:

- **You will be on a clear liquid diet all day.**  
**This includes breakfast, lunch and dinner.**  
**Clear liquids include** water, sports drinks, black coffee, tea, soda (light or dark), broth, gelatin dessert, ice pops and juice without pulp. **NOTHING RED, ORANGE OR PURPLE.**
- At **1PM**, open one (1) bottle of 12 tablets.
  - Take two (2) tablets with a glass of water every 15 minutes until all tablets have been taken.
  - You may slow the process if you become nauseated.
- At **3PM**, open one (1) bottle of 12 tablets.
  - Take two (2) tablets with a glass of water every 15 minutes until all tablets have been taken.
  - You may slow the process if you become nauseated.
- A soothing ointment (Desitin, Vaseline) may be applied to the anal area to prevent discomfort and skin breakdown.
- Drink plenty of **CLEAR** liquids throughout the day.
- If your bowels are not passing clear or yellow-tinted water after taking all 24 tablets, please mix the entire bottle of MiraLAX and Gatorade. Drink one (1) 8-ounce glass every 15 minutes totaling 64oz (8 cups).
- If you are not passing clear or yellow-tinted water after drinking your prep, please call (318) 631-9121 for additional recommendations.
- **If you smoke, please do not smoke the day of your scheduled procedure.**

## The Day of Your Exam:

- **NOTHING BY MOUTH FOR 4 HOURS BEFORE YOU ARRIVE! (This includes water, gum and mints.)**  
Otherwise, your procedure may be canceled due to safety precautions.



### Medications:

- Take your regularly scheduled blood pressure, heart and seizure medications with a sip of water at least two (2) hours before you arrive.



### Diabetics:

- Test your blood sugar before coming in for your procedure, and bring the reading with you.
- If you take oral medication or insulin, **DO NOT** take it the morning of your procedure.
- Bring your insulin with you.
- Please contact the physician who manages your diabetic care if you have any questions regarding your oral medication or insulin dosages.



### Blood Thinners:

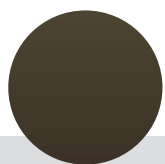
- If you are taking blood thinners (such as Coumadin, Warfarin or Plavix), call your prescribing physician, and ask if you may stop taking the medication 3 to 7 days prior to your procedure if you have not received instructions.
- If a biopsy needs to be taken during your procedure and you **HAVE NOT** discontinued for 3 to 7 days, the procedure may have to be repeated.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.



### Bring with you:

- **Completed paperwork** forms that were sent to you
- **Photo ID and Insurance Card**
- **List of all medications**, vitamins and supplements you are taking (include dosage, and last date and time each medication was taken before your arrival)
- **Wear a loose-fitting, short-sleeve shirt.**

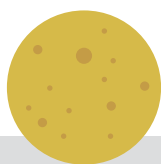
## Is Your Bowel Clean?



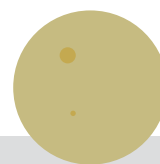
- Semi-solid stool
- Dark & murky



- Liquid stool
- Small amount of feces



- Liquid stool
- Particles present



- Liquid stool
- Particles present
- Almost ready



- Clear liquid
- READY**



Arrive at the Shreveport Endoscopy Center at your scheduled time. It is not necessary to arrive early.  
Please call us if you have any questions regarding your preparation.