



**YOUR BOWEL PREP IS VERY IMPORTANT! PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY**

- Cascade Endoscopy Center: 1007 Harlow Rd, Ste 110 Springfield, OR 97477; 541-726-8882 [cascadeendocenter.com](http://cascadeendocenter.com)
- Mckenzie Willamette Hospital: 1460 G St, Springfield, OR 97477

**Prep: SuTab**

<p style="text-align: center;"><b>7-10 Days Before Your Appt</b></p> <p style="text-align: center;">For an Rx coupon, go to: <a href="https://sutab.com/savings">https://sutab.com/savings</a></p> <p style="text-align: center;"></p>	<ul style="list-style-type: none"> <li>□ Purchase the following: <ul style="list-style-type: none"> <li>❖ SuTab bowel prep kit from pharmacy, Rx sent by clinic. Issues/Concerns? Call: 541-228-3330. *Prep cost should be less than \$70, do not pick up if over- CALL.</li> <li>❖ Read the clear liquid handout ( this will not begin until the day prior to appt)</li> <li>❖ <b>If your weight is 175 or greater</b>, PURCHASE One-238g bottle of MiraLAX over the counter, take 1 capful, 1-2 per day for the 5 days <u>prior</u> to starting your bowel prep.</li> </ul> </li> <li>□ Plan for a driver to take you home: You cannot drive after your procedure until the following day due to the sedation/anesthesia. No taxis/Ubbers.</li> <li>□ <b>STOP eating: ALL</b> seeds, nuts, or whole grains. Fruits and vegetables can be ok, if seeds are removed. Please avoid oil-based vitamins (A, D, E, K, or fish oil). These could impact the quality of your bowel prep.</li> <li>□ <b>STOP all NSAIDS for the 2 days prior</b> to procedure: Aspirin, Advil, Aleve, etc. Tylenol is ok.</li> <li>□ <b>If you are diabetic or on a blood thinning medication, please refer to those handouts. Contact us if needed or for questions.</b></li> </ul>
<p style="text-align: center;"><b>1 Day Before Your Appt, Prep Day #1</b></p> <p style="text-align: center;"></p>	<p><b>FOLLOW THESE INSTRUCTIONS, NOT WHAT IS ON THE KIT</b></p> <ul style="list-style-type: none"> <li>□ Clear liquid diet <b>ONLY</b> (starts as soon as you wake up today).</li> <li>□ At 2pm: <ul style="list-style-type: none"> <li>❖ Open 1 bottle of SuTab tablets (12). Fill container with water, 16oz. Swallow each tablet with a sip of water and <b>allow 1-2min between each tablet</b> to avoid nausea/vomiting. *Process should be over a minimum of 20min.</li> <li>❖ <b>1 hour after last tablet, drink 32oz of water over the next 90 min.</b></li> <li>❖ <b>If you experience nausea and/or vomiting</b>, take a break for 15-30min, then continue drinking liquids. If it continues call 541-228-3330.</li> </ul> </li> <li>□ Continue drinking clear liquids to stay hydrated.</li> <li>□ <b>At 8PM:</b> If you are still having <b>formed or liquid brown</b> bowel movements, continue to drink your clear fluids. <b>For urgent needs call 541-228-3330.</b></li> </ul>
<p style="text-align: center;"><b>Procedure Day, Prep Day #2</b></p>	<ul style="list-style-type: none"> <li>□ Continue <b>ONLY</b> clear liquid diet from the time you wake up. <b>Please take your regular medications, especially those for BLOOD PRESSURE- take 2 hours prior to OR 2 hours after your morning prep dose.</b></li> <li>□ <b>5 HOURS PRIOR TO PROCEDURE TIME:</b> <ul style="list-style-type: none"> <li>❖ Open 1 bottle of SuTab tablets (12) and swallow each tablet with a sip of water and <b>allow 1-2min between each tablet</b> to avoid nausea/vomiting.</li> <li>❖ <b>30min after last tablet, drink 32oz of water over the next 60 min.</b></li> <li>❖ <b>Your bowel movements should be: liquid &amp; clear/yellow, like urine-</b> if not please call ASAP for further instructions.</li> </ul> </li> <li>□ <b>3 HOURS PRIOR TO PROCEDURE TIME:</b> <ul style="list-style-type: none"> <li>❖ <b>NO DRINKING/NOTHING</b> by mouth- this includes water, gum, mints, cigarettes, marijuana, chewing tobacco.</li> </ul> </li> <li>□ Bring insurance card &amp; photo ID for check in. <b>You MUST have a driver to take you home.</b></li> </ul>

## Clear Liquid Diet Information

What items are considered clear liquids? Clear liquids are those which you can see through- **NO SOLIDS, NO PULPS, and NO DAIRY**. These liquids are easily digested and leave no undigested residue in your bowels.

**AVOID/NO: RED or PURPLE DYES/COLORING, BONE BROTH, ALCOHOL**

**You MUST STOP all fluids/anything by mouth for the 3 hours prior to your scheduled procedure time- this includes: gum, mints, cigarettes, chewing tobacco, etc).** Not following this may result in procedure delay or cancellation.

Please remember to include liquids with calories, sugar, and electrolytes as you are not eating regular food, even if you are diabetic. Please do not only drink plain water, this can lead to dehydration and electrolyte imbalance. \*Please utilize the diabetic management handout if this applies to you.

Clear High protein options are important as well, examples are: Broths and clear protein drinks

Although not “clear”- Black coffee, teas, and even drinks like Pepsi/Coke are considered clear liquids.

### Examples of items you may have on a clear liquid diet:

- Vegetable, chicken, and or beef bouillon/broth, **NO bone broth**
- Jello-O/gelatin
- Gummy Bears
- Gatorade, Powerade, other sports drinks
- Clear juices, no pulp
- Coffee/Tea- no cream or milk
- Water- including sparkling/flavored
- Coconut Water- no pulp
- CLEAR protein drinks (Ensure, etc)
- Soft drinks
- Crystal light
- Popsicles, ice pops- no sherbert, no pureed fruit, no pulp
- Hard candies, lollipops

Please note, this is not an all-inclusive list- Please call us if you have specific questions/concerns.