

## INPATIENT SUTAB INSTRUCTIONS

LOCATION: \_\_\_\_\_

DATE: \_\_\_\_\_

CHECK IN TIME: \_\_\_\_\_

SURGERY: \_\_\_\_\_

**\*If you need to cancel or reschedule your procedure, please call us with a minimum of a 2 week notice\***

If you have any questions regarding the procedure or the above instructions, please contact our office at: 971-254-9884

7 DAYS PRIOR: \_\_\_\_\_

- If you are currently taking any blood thinning medication you will need to discuss this with our scheduler. We will coordinate with your prescribing physician on how you should take this medication prior to your surgery.
- **Common medication restrictions:** Coumadin (Warfarin), Effient, Eliquis, Plavix (Clopidogrel), Pradaxa, Xarelto.
- **DO NOT TAKE** Aspirin, Ibuprofen, Advil, Motrin, Nuprin, Naproxen, Aleve, Naprosyn or NSAIDs.
- You may take Tylenol as needed.
- **STOP** all herbal medicines and supplements. Including but not limited to: multivitamins, iron, Vitamin E, and fish oil.
- **PURCHASE SUTAB BOWEL PREP KIT** (The prescription is sent directly to your pharmacy.)

5 DAYS PRIOR: \_\_\_\_\_

**CONFIRM YOUR RIDE HOME.** You may not use a taxi or public transportation unless accompanied by a responsible adult.

THE DAY BEFORE: \_\_\_\_\_

- **BEGIN A CLEAR LIQUID DIET** when you get up this morning.  
\*This is any liquid you can shine a light through that is not foggy or cloudy.\*
- **YOU MAY NOT** have anything solid to eat today.
- **DO NOT** drink alcohol.  
\*Drink a minimum of 8 glasses of water today to avoid nausea while drinking prep\*
- **BEGINNING AT 6:00PM** (the evening before your procedure):
  1. Add cool drinking water to the 16oz line on the SUTAB container.
  2. Open 1 bottle of SUTAB containing 12 tablets. Over 15-20 minutes swallow each tablet with a sip of water until you have drunk the full 16oz of water and all 12 tablets.
  3. One hour after the last tablet was ingested, fill the 16oz container with water and slowly drink over 30 minutes.
  4. Approximately 30 minutes after finishing the last container of water, drink an additional 16oz of water.
- **REPEAT STEPS 1-4 AGAIN AT 9:00PM TONIGHT.**

**CONTINUE TO DRINK A LOT OF WATER OR CLEAR LIQUIDS UNTIL MIDNIGHT.**

This is a necessary step to ensure adequate hydration and an effective prep.

**THEN NOTHING MORE BY MOUTH**

**\*This includes: gum, water, candy, coffee, tea, food, etc.**

SURGERY DATE: \_\_\_\_\_

\*Please wear loose, comfortable clothes and leave all valuables at home. Support persons are welcome in the pre-op and recovery areas. They are welcome to remain in the waiting room during your procedure. We encourage a support person to be present at the time of discharge and with you for at least 24 hours after your procedure.

**YOUR POST-OP IS ON:** \_\_\_\_\_

**CHECK IN AT:** \_\_\_\_\_

**St. Vincent Office**  
9155 SW Barnes Rd.  
Suite 231  
Portland, OR 97225

**Bridgeport Office**  
18040 SW Lwr Boones  
Ferry Rd., Suite 207  
Tigard, OR 97224

## **WHAT TO EXPECT AFTER ABDOMINAL SURGERY**

- You will have some discomfort in your abdomen. Your physician will give you a prescription for pain medication to help make you comfortable.
- You will likely be passing flatus; but, you may not yet have had a bowel movement.
- You may have irregularity to your usual bowel habits for up to 4 weeks.

### **DIET**

- A soft diet should be eaten for 1 to 2 weeks.
- Avoid raw fruits and vegetables, tough meats and spicy food.
- It's best to eat 6 small meals a day and drink meal replacement shakes in place of meals when you are initially discharged home.
- Meal replacement shakes include Ensure, Boost, and Carnation Instant Breakfast.
- If you have an ileostomy or colostomy, you will have special instructions and will likely have met with a nutritionist prior to discharge.
- Drink at least 8 glasses of liquids daily to avoid dehydration (decreased or dark urine).

### **BOWEL FUNCTION**

- Bowel function may be erratic at first.
- You may have some abdominal cramping with some good days and some bad days.
- Your bowel function may take several months to return to a normal pattern; it takes your body time to adjust.
- If you have symptoms of mild abdominal cramps, bloating, nausea, vomiting, or absence of passing gas or stool, you may restrict your diet to liquids only. If the symptoms persist beyond 24 hours or become severe, please contact your physician.

### **ACTIVITY**

- Walking is good and climbing stairs is okay.
- Avoid activity which causes pain.
- Avoid lifting weights greater than 15-20 pounds or straining abdominal muscles (sit ups, pushups, and weight lifting) for approximately 6 weeks. Ask your physician at your post op visit when it is safe to increase your exercise regimen.

### **ABDOMINAL WOUNDS / INFECTIONS**

- You will likely have pieces of skin colored tape on your abdominal incision or incisions.
- You may shower with soap and water and get the tape wet; pat dry.
- Leave the tape in place and use gauze only if you are having any drainage; change daily if necessary. If the tape becomes loose or hanging, it is okay to remove it.
- Keep your incisions protected from clothing, rubbing, etc. to decrease the risk of infection.
- If you have excessive swelling, redness, drainage or severe pain around the incision, you should contact your physician.
- If you have a fever greater than 101 F you should contact your physician.
- If you have severe abdominal discomfort, nausea and vomiting, or feeling of being unwell, please contact your physician.

## **DRIVING**

- Do not drive for at least one week after discharge.
- Do not drive within 4 hours of taking pain medication.

## **MEDICATIONS**

- You will be given a prescription for pain medication.
- If you need refills that are not included with your original prescription, please call the office during office hours (M-F 9am to 5pm) to request a refill. Refills will not be given on weekends/nights by the on-call physician. **Allow 3 business days for a refill.** Due to federal law, scheduled pain prescriptions cannot be called in, faxed or electronically prescribed. The majority of post-op pain medication our physicians prescribe fall under this rule. **Plan on having a friend or family member pick up your prescription from our St. Vincent office.**
- Resume any medications your primary care physician has prescribed; you will be given a medication discharge instruction sheet at the hospital.
- You may be given further instructions regarding fiber, anti-diarrheal medications, antibiotics, steroids, or other medications.

## **OSTOMY OR STOMA (if applicable)**

- You will receive instruction on how to care for your stoma while you are in the hospital and you should feel comfortable with its care at the time of discharge.
- If you have difficulty with keeping a pouching system on for at least 24 hours, if there is recurrent bleeding, severe pain, swelling around the stoma, the stoma stops functioning, or the stoma output is >1500cc in 24 hours, please contact your physician.
- Bananas, peanut butter, potato salad and tapioca will thicken the stool. Metamucil or other powdered fiber supplements will also help.

## **FOLLOW UP APPOINTMENTS**

- Please plan on attending your scheduled postoperative appointment.
- If you have any questions, concerns, or problems, please the office at 971-254-9884 to be seen sooner.

**If you are experiencing a medical emergency, call 911 or go to the emergency room.**