

OUTPATIENT 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 SUPREP 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.
 5. **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 DAY: _____

If you have medications to take, use the smallest sip of water possible

- 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 ANORECTAL SURGERY

- You may pass blood with bowel movements which is normal.
- Call if you pass larger than a “half dollar” sized blood clot or enough blood to fill a coffee cup.
- You may have rectal discharge/drainage/itching or pain for up to 8 weeks after surgery.

DIET AND BOWEL HABITS

- Eat your usual diet with plenty of fruits, vegetables, and bran cereal.
- Avoid spicy food. Drink a minimum of 2 quarts of water daily.
- We strongly recommend a fiber supplement; such as, Citrucel or Metamucil taken once or twice daily.
- Preferably you should have a soft, yet formed bowel movement (BM) daily without straining.
- Your doctor may recommend for you to also take a stool softener; such as, Colace or mineral oil.
- If you have not had a BM within 48 hours, you can take Milk of Magnesia, 1-2 tablespoons every 6-8 hours until you have one.
- If you are having liquid BM's, stop the stool softener.

CARE OF ANUS AND SURROUNDING SKIN

- Following a BM, you may gently wash with a moist Kleenex, squirt bottle (i.e. used shampoo bottle), or a spray bottle with warm water to clean the area.
- Afterward, use a warm bath/Sitz bath for 5-15 minutes to continue cleaning and soothe the area.
- A warm shower will also work, however sometimes tub baths help more. No special additives, to the water, are needed.
- Try to do 3 Sitz baths a day, especially for the first week or two, then less as you feel better.
- Dry thoroughly by patting or using a blow dryer on a warm setting. Feel free to use cotton or gauze between your buttocks to absorb drainage.
- “Donut” cushions are not recommended. Use a soft pad or pillow to sit on instead.

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 medications our physicians prescribe fall under this rule.
- **Plan on having a friend or family member pick up your prescription from our St. Vincent office.**

ACTIVITY

- This is determined by your comfort level.
- Driving should wait until at least 48 hours after surgery. Do not drive within 4 hours of taking pain medications.
- Sexual activity is permitted if it does not cause discomfort. This could be a few days to a few weeks; each patient and each procedure is different.

URINARY ISSUES

- It is very common to experience some difficulty emptying your bladder for the first few days. Warm baths, more activity, and less pain medicine are helpful.
- **If you cannot empty your bladder at all and it is getting increasingly painful, go to your nearest ER, because you may need to be catheterized.**

FOLLOW-UP APPOINTMENT

- Please plan on attending your scheduled post-op appointment.
- If you have any questions, concerns, or problems please call 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.