SUTABS

MEMORIAL HEALTH SYSTEM OF SOUTHWEST OKLAHOMA

DIGESTIVE DISEASE SPECIALISTS, INC.

PLEASE CHECK IN AT THE GI LAB FRONT DESK ON THE 3RD FLOOR IN THE OUTPATIENT BUILDING-110 NW 31ST.

- Do **NOT** take any iron 5 days prior to your procedure
- Do **NOT** take Phentermine 7 days prior to your procedure
- Do **NOT** take GLP-1 medications (Trulicity, Victoza, Ozempic, Wegovy, Mounjaro, etc.) 7 days prior to your procedure
- If you take any blood thinners: Aspirin, Plavix (Clopidogrel), Coumadin (Warfarin), Pradaxa, Effient, Brilinta, Eliquis, or Xarelto please let our staff know. **Call or text 580.250.5200**

THE DAY BEFORE YOUR COLONOSCOPY

Follow a clear liquid diet for the day. Examples are broth, Jello, popsicles, water, Sprite, Ginger Ale, tea, coffee, 7-up and clear juices. NO red or purple dyes.

DO NOT HAVE ANY SOLID FOODS UNTIL AFTER YOUR PROCEDURE

STEP 1: Review the SUTAB TIMES below and at the appropriate time, open 1 bottle of 12 tablets.

STEP 2: Fill the provided container with 16 ounces of water up to the fill line. Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes. If you experience preparation-related symptoms - for example, nausea, bloating, or cramping - pause or slow the rate of drinking the additional water until your symptoms diminish.

STEP 3: Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water up to the fill line, and drink the entire amount over 30 minutes.

STEP 4: Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water up to the fill line, and drink the entire amount over 30 minutes.

STEP 5: Review the SUTAB TIMES below and at the appropriate time, open the second bottle of 12 tablets.

STEP 6: Fill the provided container with 16 ounces of water up to the fill line. Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes.

STEP 7: Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water up to the fill line, and drink the entire amount over 30 minutes.

STEP 8: Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water up to the fill line, and drink the entire amount over 30 minutes.

NOTHING BY MOUTH 6 HOURS PRIOR TO PROCEDURE TIME, including gum, mints or tobacco products of any kind.

THE DAY OF YOUR COLONOSCOPY

- If you are diabetic and you are on oral medication, you will not take your medication the morning of your procedure.
- You may take your heart and blood pressure medication(s) with a small sip of water
- Please complete and bring all paperwork you've been given, your insurance cards, and state issued ID.
- You will be sedated for your procedure and will need a driver to take you home. You will not be able to drive or work the rest of the day. We are not permitted to allow you to utilize taxis, Ubers, buses, or other forms of public transportation to take you home following your procedure.

IF YOU HAVE NOT HAD A BOWEL MOVEMENT BY 10PM THE DAY BEFORE YOUR PROCEDURE, PLEASE CONTACT THE HOSPITAL AND HAVE THEM PAGE YOUR DOCTOR 580.355.8620

SUTAB TIMES:

APPOINTMENT TIME:	SUTAB START TIME:
	1ST BOTTLE - 2ND BOTTLE
8:00 AM	6 PM - 11:00 PM
9:00 AM	6 PM - 12:00 AM
10:00 AM	6 PM - 1:00 AM
11:00 AM	6 PM - 2:00 AM
1:00 PM	6 PM - 4:00 AM
2:00 PM	6 PM - 5:00 AM
3:00 PM	6 PM - 6:00 AM