

SUTAB BOWEL PREP FOR COLONOSCOPY

Your procedure is scheduled for:

Date:

Place:

Arrival Time:

Procedure Time:

Physician:

Three days before the procedure, begin a **LOW RESIDUE DIET** (see low residue diet instructions). Avoid seeds, nuts, corn, and popcorn.

One Day Before the Procedure:

1. Do not eat anything solid. Follow the clear liquid diet instructions.
2. Drink only clear liquids. Clear liquids include water, black coffee, tea, apple juice, white grape juice, soda, Jell-O, popsicles, broth, and Gatorade or other sport drinks.
 - o **DO NOT** drink milk or non-dairy creamer.
 - o **DO NOT** eat or drink anything red or purple.
 - o **DO NOT** drink alcoholic beverages.

Evening Before Procedure at 5pm:

1. Take the first dose of **Sutab**:
 - o Take **12 tablets** by mouth, one at a time, swallowing each tablet with a sip of water.
 - o Drink **16 ounces of water** with the tablets within 15–20 minutes.
 - o Then drink **two more 16-ounce glasses of water** over the next hour (one every 30 minutes).
2. You may continue to drink clear liquids the rest of the evening.


Day of the Procedure

1. Do not eat anything. You may have **clear liquids until 2 hours before your arrival time**.
2. Routine medications may be taken with a sip of water.
3. **4–6 hours before your scheduled arrival time**, take the **second dose of Sutab**:
 - o Take **12 tablets** again.
 - o Drink **16 ounces of water** with the tablets (within 15–20 minutes).
 - o Then drink **two more 16-ounce glasses of water** over the next hour.
4. Stop drinking all liquids **2 hours before your arrival time**.

Important:

1. You will not be able to drive after your procedure. You must have a driver stay during your procedure and take you home.
2. Avoid iron supplements for 1 week before the procedure.
3. If you take aspirin for heart protection, do not stop taking it.
4. If you normally take medication in the morning for high blood pressure or seizures, take it as usual at least 2 hours before the procedure.
5. Please notify your doctor at least one week before the procedure if you take warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, other blood thinners, or GLP-1 medicines (e.g., Ozempic, Wegovy), so that appropriate adjustments can be made.

Please call the office during regular business hours for any questions.

 **918-438-7050**, M–Thurs 8:00am – 4:30pm, Friday 8:00am – 3:00pm