

MARIETTA MEMORIAL HOSPITAL  
DEPARTMENT OF GENERAL SURGERY

**PROVIDERS**

Bradley Carman, DO  
Emmett Lotton, MD  
Tuan Nguyen, MD

**LOCATIONS**

Marietta Memorial Hospital  
400 Matthew Street, Suite 401  
Marietta, Ohio

Belpre Medical Campus  
807 Farson Street, Suite 230  
Belpre, Ohio

**PHONE NUMBER**

(740) 374-2252

**SuTab® Bowel Prep**

Please no roughage (raw fruits, raw vegetables, nuts, or whole grains) for three days before the colonoscopy.

**THE DAY BEFORE YOUR PROCEDURE: CLEAR LIQUIDS ALL DAY!**

**Breakfast, Lunch, and Dinner:** Clear soup broth, lemon or lime jello, water, coffee or tea, 7UP®, Sprite®, ginger ale, banana popsicles, apple juice, white grape juice, white cranberry juice. No milk or dairy products. No alcohol. (Nothing red, orange or purple).

**\*\*IF YOU ARE DIABETIC, PLEASE USE SUGAR FREE PRODUCTS.\*\***

You will receive a phone call after 1 p.m. the day before your procedure for your arrival time. If you are scheduled for a procedure on a Monday, they will call you the Friday before the procedure.

**FOLLOW THESE STEPS**

5 p.m. (dose 1)

- Open 1 bottle of 12 tablets, 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. An hour after the last tablet, drink 16 more ounces of water. Then 30 minutes after that, drink 16 ounces more of water.

9 p.m. (dose 2)

- Repeat the same steps as you did at 5 p.m.

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT. THIS INCLUDES LIQUIDS, FOOD, BREATH MINTS, AND CHEWING GUM.**

**Medications:** Do not take Ibuprofen, Aleve®, or any NSAIDs (Nonsteroidal anti-inflammatory drugs) five (5) days prior to your surgery. You may take Tylenol®. If you use an inhaler, use it the morning of surgery and bring your rescue inhaler. Do not take any vitamins or herbal supplements five (5) days prior to your surgery.

**DAY OF PROCEDURE:**

- You may take necessary medications with a sip of water.
- All patients are required to have a way home. We do not conduct procedures on patients unless they have someone to drive them home.

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**24 Hour Nurse Line**

Our registered nurses (RN) take calls 24 hours a day, 7 days a week. With special training, our team can help talk through your concerns, review your symptoms, and point you in the right direction of care. Call (844) 474-6522 anytime you need.



MEMORIAL  
HEALTH SYSTEM