



Digestive Health
Associates & Center of Reno

SUTAB COLONOSCOPY PREP

4 days before the procedure, begin a LOW RESIDUE DIET.

- Avoid high fiber foods- no salads, raw vegetables, nuts, seeds, popcorn, beans, peas, corn, whole wheat.
- **Suggested foods:** chicken, turkey, pasta, meat, potatoes without skin, white rice, and white bread.
- *This is NOT a strict diet or mandatory instructions RECOMMENDATIONS ONLY. (If you need further assistance, see low residue diet instructions)

One day Before the Procedure:

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

The Evening Before Procedure at 5:00pm:

1. Open 1 bottle of 12 tablets.
2. Fill the provided container with 16 oz of water (to the fill line).
Swallow each tablet with a sip of water and drink the entire amount of water over 15-20 minutes.
3. 1 hour after last tablet is ingested- add cool drinking water to the 16 oz line on the container and drink all of it within 30 minutes.
4. 30 minutes after finishing the second container of water, fill the 16 oz. container with cool drinking water and drink the entire amount over 30 minutes.



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The Day of the Procedure:

1. Do not eat.
2. **Begin taking the second bottle of tablets at least 4 hours prior to procedure time.**
3. Repeat steps 1-4 from dose 1.
4. You may have clear liquids until 2 hours before your procedure time.
5. Do not chew gum.

Important:

1. You will not be able to drive after your procedure. **You will need a driver** to drive you home afterward.
2. If you take aspirin, anti-inflammatories (Aleve, Advil, Motrin, Ibuprofen) STOP these medications 7 days prior to procedure. (Unless otherwise directed)
3. **Continue taking your prescribed medications.** Unless you are on a blood thinner and have been told to hold these medications.
4. Please notify your doctor at least one week before the procedure if you take warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.

Please call the office during regular business hours for any questions. 775-829-8855

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