



Digestive Health  
Associates & Center of Reno

## **SUTAB (LOW VOLUME) PREP FOR COLONOSCOPY**

Your prescription will be sent to your pharmacy.

Your procedure is scheduled with Dr. \_\_\_\_\_ on:

**Day:** M T W TH F **Date:** \_\_\_\_\_ **Check in at:** \_\_\_\_\_ AM/PM  
Procedure time: \_\_\_\_\_ AM/PM

### **4 DAYS BEFORE YOUR PROCEDURE:**

- Avoid high fiber foods- no salad, raw vegetables, nuts, seeds, popcorn, beans, peas, corn, or whole wheat.
- Recommended foods- chicken, turkey, pasta, meat, potatoes without skin, white rice, and white bread.

\*See low residue diet instructions for further suggestions

### **DAY BEFORE YOUR PROCEDURE:**

**DO NOT EAT ANYTHING.** Follow **clear liquid diet** instructions.

- Things you can drink: 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 creamer of any kind.
- **DO NOT** drink anything colored red or purple.
- **DO NOT** drink alcohol.

### **5 PM** – Begin Dose 1

Step 1 - Open 1 bottle of 12 tablets.

Step 2 - Fill the provided container with 16 oz of water. Swallow each tablet with a small sip of water, finishing the 16 oz within 30 minutes.

Step 3 - 1 hour after last tablet was ingested

Fill the provided container with 16 oz of water and drink within 30 minutes.

Step 4 - 30 minutes after last tablet was ingested

Fill the provided container with 16 oz of water and drink within 30 minutes.



Digestive Health  
Associates & Center of Reno

## **DAY OF PROCEDURE:**

- **DO NOT** eat prior to procedure.
- **DO NOT** use chewing tobacco or smoke 6 hours prior to procedure.

**4 HOURS PRIOR TO PROCEDURE** – Repeat previous dose process. (Steps 1-4)

You may have clear liquids until 2 hours before your procedure time.

- **DO NOT** chew gum, mints, etc. 2 hours prior to procedure time.

**When having a bowel movement, the bottom of the toilet should be visible.**

(Liquid stool in shades of yellow, green, or orange are normal)

## **Important:**

**You are required to have a driver** take you home after the procedure. Arranged transportation will be verified at check in.

**Continue taking your prescribed medications. Unless the following applies to you:**

- If you are taking a **blood thinner** please hold these medications as directed by our office. ***Please notify your doctor at least two weeks before the procedure if you take Warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.***
- If you are taking a GLP-1 agonist: (**Ozempic**, Byetta, Byureon, Victoza, Tanzeum, **Trulicity**, Lixumia, Rybelsus, Wegovy, Fu Laimel, **Mounjaro**, Exenatide, Liraglutide, Albiglutide, Dulaglutide, Lixisenatide, Beinaglutide, Semaglutide, PEG-loxenate, Tirzepatide see directions below.
  - Daily dose- hold on the day of procedure.
  - Weekly dose- hold for 1 week prior to procedure.

Please call our office during regular business hours with any questions. (775) 829-8855

**Procedure Location:  
5250 Kietzke Lane**



Digestive Health  
Associates & Center of Reno

## **Reno, NV 89511**

\*Clear liquid diet, frequently asked questions, procedure tips and more can be found at  
***[www.digestivehealthreno.com](http://www.digestivehealthreno.com)***