

Helpful Hints for Your Colonoscopy

Low Fiber Diet: 2 days before exam stay on a low fiber diet- cut back on how much you eat.

Soups: Broth, Cream soups, tomato, chicken and rice, noodles.

Meats: Any soft or easy to chew meat or fish.

Vegetables: Potatoes with skin, tomatoes and tomato juice, beets, carrots, mushrooms, pumpkin, yellow squash, turnip greens, spinach (cooked), asparagus tips.

Fruits: All juices, cooked or canned applesauce, apricots, pears, cherries, peaches, bananas, citrus fruits without membrane.

Cereal: Refined, cooked, or ready to eat oatmeal.

Starches: Biscuits, rolls, crackers or bread made from white flour, plain doughnuts or English muffins, plain macaroni noodles or spaghetti, white rice, plain waffles or pancakes, saltines.

Cheese/Eggs: Cottage cheese, cream cheese, mild cheeses such as American or Swiss. Yogurt without fruit. All eggs except fried.

Desserts: Plain cake, cookies, gelatin, ice cream, pudding, sherbet, pie made from allowed foods.

Beverages: Limit milk to two cups a day, carbonated beverages, coffee, tea, fruit-flavored drinks.

Fat: Crisp bacon, butter, cream, margarine, mayonnaise, oils, shortening, smooth salad dressings, sour cream.

→→→→→ **Liquid Diet:** Day before exam stay on clear liquids only- **No Solid Foods.**

Soups: Clear consommé, Bouillon or broth, Ensure Clear.

Beverages: Tea, coffee, carbonated drinks, water, Kool-Aid (no red or purple), beer, white wine, Gatorade (no red or purple).

Juices: White cranberry, apple, strained lemonade, white grape.

Desserts: Gelatins, popsicles (no red or purple), Gummy Bears, Life Savers, orange sherbert.

No milk products (but you can use milk or cream in your coffee).

SUTAB Dosing Instructions

Dose 1-Day prior to the colonoscopy

- At 3PM the night before colonoscopy, open one 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 over 15 to 20 minutes.
- Approximately one hour after the last tablet is ingested, fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount.
- Approximately 30 minutes after finishing the second container of water, fill the provided container again with 16 ounces of water (up to the fill line) and drink the entire amount.
- If patients experience preparation-related symptoms (e.g. nausea, bloating, cramping), pause or slow down the rate of drinking the additional water until symptoms diminish.

Dose 2-Day prior to colonoscopy

- At 8PM the night before the colonoscopy, open one 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 over 15 to 20 minutes.
- Approximately one hour after the last tablet is ingested, fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount.
- Approximately 30 minutes after finishing the second container of water, fill the provided container again with 16 ounces of water (up to the fill line) and drink the entire amount.
- If patients experience preparation-related symptoms (e.g. nausea, bloating, cramping), pause or slow the rate of drinking the additional water until symptoms diminish.

***KEEP HYDRATING WITH CLEAR LIQUIDS UNTIL MIDNIGHT BEFORE
PROCEDURE* NOTHING TO DRINK MORNING OF PROCEDURE***