

Gastro Health – Woodbridge Route 1

14904 Richmond Hwy., Suite 103, Woodbridge, VA 22191 • 703-497-4222 • GastroHealth.com/Woodbridge-Route-1

SUTAB

Please get your prescription filled at the pharmacy at least one week prior to your colonoscopy

2 DAYS PRIOR

Please **avoid** fruits with seeds and vegetables. For example: beans, corn, zucchini, kiwi, squash, broccoli, celery, seeds, nuts, and shellfish.

DAY BEFORE TEST

Start a clear liquid diet after a light breakfast such as eggs and toast the day before your exam (DO NOT CONSUME ANY DAIRY PRODUCTS, SEEDS, NUTS OR GRANOLA).

CLEAR LIQUID DIET LIST

Soft drinks (orange, ginger ale, cola, sprite, 7-up, Gatorade, Kool Aid- avoid red and purple colors).

Strained fruit juices, NO PULP

Water, tea, coffee (no milk or non dairy creamer; you may use sugar or honey).

Low sodium chicken or beef bouillon or broth.

Hard candies, Jell-O, Popsicles (avoid red or purple), lemon and coconut sorbet, Italian ice (lemon).

First Dose:

At 5pm the day before the test follow the steps below:

Step 1: Open 1 bottle of 12 tablets.

Step 2: Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water.

Please allow 1 minute between each tablet to avoid nausea. Drink the entire amount of water over 15 to 20 minutes.

Step 3: Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water and drink the entire amount over 30 minutes.

Step 4: Approximately 30 minutes after finishing the second container of water, fill the provided container with another 16 ounces of water, and drink the entire amount over 30 minutes.

Second Dose:

At 11pm open the second bottle of 12 tablets and repeat Step 1 to Step 4 from first dose.

After finishing with the second dose DO NOT have any more liquids and continue not to eat.

DAY OF TEST

You may take your regular medications with a small sip of water as long as it is 6 hours prior to your colonoscopy time.

Appointment Date: _____

Location: _____

****NOTHING TO EAT OR DRINK 6 HOURS PRIOR TO YOUR PROCEDURE****

(THIS INCLUDES WATER)

YOU MUST HAVE SOMEONE DRIVE YOU HOME FROM YOUR PROCEDURE! NO TAXI/UBER! YOUR RIDE MUST WAIT IN THE CAR.

****There is a \$250 fee if 3 business days are not provided when rescheduling or cancelling procedures****

(This is NOT payable by your insurance)