

Colonoscopy Prep Instructions

A good prep increases your doctor's ability to have a clear view of your entire colon during your colonoscopy. A poor prep limits your doctor's ability to see your colon. You can make sure your prep is good by following the recommended diet and by taking every part of the prep as instructed.

Your doctor will advise you on any medication restrictions prior to your procedure.

What to Eat the Day BEFORE Your Colonoscopy

Please follow a low residue diet and do not eat anything after starting the bowel prep. Eat what is permitted unless otherwise directed by your doctor.

What You CAN Do

- You may have a clear liquids diet only.

What You CANNOT Do

- Do not drink milk or eat or drink anything colored red or purple.
- Do not drink alcohol.
- Do not take other laxatives while taking SUTAB.
- Do not take oral medications within 1 hour of starting each dose of SUTAB.
- If taking tetracycline or fluoroquinolone antibiotics, iron, digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before and not less than 6 hours after administration of each dose of SUTAB.



Liquids That Are OK to Drink

- Coffee or tea (no cream or nondairy creamer)
- Fruit juices (without pulp)
- Gelatin desserts (no fruit or topping)
- Water
- Chicken broth
- Clear soda (such as ginger ale)



Suflave Dosing Instructions can be found here:

<https://suflave.com/HowtoPrep>

Subtab Dosing Instructions can be found here:

<https://www.sutab.com/HowtoPrep>

For prep questions, call Highlander Surgical Associates at **817-419-9200**