



**Gastroenterology Consultants, Ltd**

Reno Endoscopy Center  
880 Ryland Street  
Reno, Nevada 89502  
(775) 329-4600

South Meadows Endoscopy Center  
10619 Professional Circle  
Reno, Nevada 89521  
(775) 852-4848

**For Scheduling Changes, please call:**

Reno (775) 329-4600

South Meadows (775) 852-4848

Patient Name: \_\_\_\_\_

Appointment Date: \_\_\_\_\_

Location:

- Reno Endoscopy Center
- South Meadows Endoscopy Center

Check-in Time: \_\_\_\_\_

Appointment Time: \_\_\_\_\_

**COLONOSCOPY PREPARATION SUTAB**

Please read the following instructions carefully at least one week prior to your exam. The most important part of a successful Colonoscopy is the preparation. Adequate cleansing of your colon prior to the examination is crucial for good results. If you need further information about your procedure, please call our procedure facility prior to your exam so we may take care of any concerns well ahead of time.

**Medication and Diet Instructions**

**7 days before procedure**

- **If you are taking any weight loss OR diabetic medications - GLP1(Glucagon-Like Peptide-1):**  
Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyzin, Ozempic, Wegovy, Rybelsus
  - If GLP1 dose is **daily**, **DO NOT** take on day of procedure.
  - If GLP1 dose is **weekly**, **DO NOT** if procedure is within **7 days**.
  - **Phentermine** should **NOT** be taken for **7 days** prior to the procedure.

**5 days before procedure**

- Do not take oral Iron
- Purchase your bowl preparation from the drug store.

**2 days before procedure**

- Do not eat any beans, corn, tomatoes, cucumbers, nuts, or foods containing seeds such as poppy, sesame, or sunflower. The fiber from these foods can clog the colonoscope.
- If you tend to be constipated, take an ounce of Milk of Magnesia on this day so that you will not be constipated when you take the preparation tomorrow.

**Special Considerations**

Please contact our office immediately if you have any of the following medical conditions and have not discussed them with us:

- **You take ANY medication that prevents your blood from clotting, i.e., Coumadin (Warfarin, Jantoven), Plavix, Pradaxa, and Effient**
- **History of excessive bleeding during previous surgery or dental extraction**
- **You have an artificial heart valve.**
- **You have history of kidney (dialysis) disease.**



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**Diet Instructions**

**The day before the procedure:**

- You may have a low residue breakfast. Low residue foods include eggs, white bread, cottage cheese, yogurt, grits, coffee (no cream or nondairy creamer) and tea
- You may have clear liquids:
  - Coffee or tea (no creamer or nondairy creamer)
  - Clear fruit juice (without pulp)
  - Gelatin (without fruit or topping, no Red or Purple)
  - Popsicles (no Red or Purple)
  - Water
  - Chicken, beef, or vegetable broth
  - Clear soda (such as ginger ale)

**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 using SUTAB.
- Do not take oral medications within 1 hour of starting each dose of SUTAB.
- **If taking Tetracycline or Fluoroquinolone antibiotics, 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**

**Dose 1- At 4pm the day prior to your procedure:**

**Step 1:** Open 1 bottle of the 12 tablets

**Step 2:** Fill the provided container with 16 ounces of water (up to the fill line). Swallow each of the twelve tablets with sips of water and 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 (up to the fill line), 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

16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

**(It will take 3 hours to complete each Dose)**

**Dose 2- Day of procedure. 4 hours after completing Dose 1**

4 hours (no sooner) after completing Dose 1, you will need to start Dose 2. Open the remaining bottle of tablets and follow the steps from Dose 1.

You can continue consuming clear liquids up to 4 hours prior to your colonoscopy. **You cannot have anything by mouth 4 hours prior to your procedure time.**

Take your usual morning medications, especially those for blood pressure. If you are diabetic wait until after the procedure to take your usual dose of insulin or oral medication, after you have eaten a meal. Do not take any GLP-1 medication for Weight loss or Diabetes.



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**General Information**

**Please comply with the following instructions listed below:**

- (1) Bring all completed forms from your packet.
- (2) Bring in your insurance cards and a photo ID such as a driver's license so that we may assist you in billing for our services.
  - **All co-pays and deductibles are due at the time of the service. Please be prepared to pay these fees on the day of your procedure.**
- (3) Leave all jewelry and personal valuables at home. Be sure to bring any reading glasses and/or hearing aids to your procedure. **Bring your inhalers and portable oxygen unit if you use them.**
- (4) **You will need a responsible driver to take you home.** Due to the sedation given for your procedure, you will be unable to drive for the remainder of the day. If you choose to take a taxi or ride share, you **MUST** be accompanied by a responsible adult.
- (5) **Contact Information:** If you are coming from out of town or staying at a place other than your main residence, please call our office and leave a number where you will be staying in case we need to contact you.
- (6) **Procedure Preparation for Colonoscopy:**
  - **Do not follow the instructions that come on your prescription label. Please follow only our instructions provided.**
  - If you have questions regarding your colonoscopy or prep, please refer to the FAQ's sheet also included in this folder.
  - Please refer to our website at [www.giconsultants.com](http://www.giconsultants.com) for additional information on screening colonoscopies.

Reno Endoscopy Center (775) 329-1009  
South Meadows Endoscopy Center (775) 852-1886

**"Allergic reactions to the contents of the bowl cleansing product are rare. If you think you are having an adverse reaction, please contact us immediately or go to the nearest ER."**