

Gastroenterology

SUTAB Colonoscopy Prep

Procedure After Noon

Bowel Preparation Instructions:

1. The day before your colonoscopy, diet is to consist of CLEAR LIQUIDS ONLY (no solid food). Do not consume liquids that are red or purple in color. Do not consume milk products or juices with pulp. Clear liquids include: water, black coffee, tea, apple juice, white grape or cranberry juice, lemonade, sports drinks (Gatorade, PowerAde, etc.), clear beef, chicken or vegetable broth, Jell-O, popsicles, frozen sorbet, or Italian ice. Alcoholic beverages are not permitted.
2. At 7:00 PM, the day before your procedure, consume 1 tablet every 2 minutes until 12 tablets have been consumed with 16 ounces of water (16oz cup provided with tablets). You MUST drink TWO (2) more 16-ounce containers of water or other clear liquid following the tablets. You can continue to drink clear liquids during the evening.
3. At 5:00 AM, the morning of your procedure, consume 1 tablet every 2 minutes until 12 tablets have been consumed with 16 ounces of water (16oz container provided with tablets). You MUST drink TWO (2) more 16-ounce containers of water or other clear liquid following the tablets. You MUST finish this process by 8:00 AM.
4. You may continue to consume clear liquids until 4 hours before your procedure time. In all circumstances, consume nothing further by mouth within four (4) hours of your procedure time except for a sip of water for necessary medications. By way of example, if your procedure time is 2:00 PM, you may continue to consume clear liquids until 10:00 AM.

Contact the on-call Gastroenterologist (941-262-0400) if any problems arise during the bowel preparation process.



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