



Allegheny Regional Endoscopy  
810 Valley View Blvd. Altoona, PA 16602  
Front desk: 814-946-5469 Fax: 814-946-4970

**Your colonoscopy is scheduled on:**

## **Sutab 2-day Prep Instructions**

### **2 days before your procedure:**

- Begin the low-residue diet (see attached page) first thing in the morning.
- At 5:00pm, mix a 7-day supply of Miralax with 32 ounces of Gatorade. **NO RED OR PURPLE. If you are diabetic, please use Gatorade Zero.** Drink the entire 32 ounces at your own pace, throughout the evening.

### **1 day before your procedure:**

- **Consume clear liquids only today (see list below).**
- At 3:00pm, take 2 Dulcolax tablets (5mg each)
- At 5:00pm, open 1 bottle containing 12 tablets. **Using water**, fill the provided bottle to the "fill line" (16 ounces). Swallow each tablet 1-2 minutes apart so that all 12 tablets **and** the 16 ounces of water are consumed within 15-20 minutes. Once this is complete, drink 2 additional 16-ounce bottles of water over the next 1 hour.
- Continue to consume clear liquids throughout the evening.
  
- **3 hours before your scheduled arrival time**, open the second bottle containing 12 tablets.
- Repeat the same steps as above, including consumption of the 2 additional 16-ounce bottles of water. **Be sure to complete everything within 1 hour this time.**

### **Notes**

- It may take a few hours for the prep to start working.
- It is normal to feel very full or bloated during your prep. **If you experience nausea and/or vomiting, wait 30 minutes before resuming prep/liquids. If vomiting does not disappear once you begin to move your bowels, please call us immediately for further instructions.**

## **ACCEPTABLE CLEAR LIQUIDS**

Water    Gatorade    Jell-O    Kool-Aid    Broth    Popsicles  
Lemonade    Fruit juices (**NO orange juice**)    Soda (all)  
Black coffee (no added cream, honey or sugar)    Iced tea    Hot tea (no added sugar, honey)

**\*Do not consume any liquids which are red or purple in color as they may mimic bleeding in the colon\***

## Colonoscopy and Anesthesia

It is especially important that you read this information in its entirety and call to speak with us if you are unsure of any instructions. **Failure to comply with the below guidelines could result in the delay and/or cancellation of your procedures without question.**

- **YOU MUST** have a driver to sign you out of recovery after anesthesia. **You cannot use UBER, LYFT, Healthride or MediVan unless a responsible party is riding beside you.**
- **You may have CLEAR LIQUIDS up to 2 hours before your designated arrival time at our facility and no later.**
- Please refer to the prep instructions on the front of this sheet. **DO NOT follow pharmacy instructions.**
- **No alcoholic beverages are permitted during colon prep OR after midnight on the night before procedures.**

**CHEWING TOBACCO PRODUCTS (INCLUDING ALL POUCHES), SMOKING, VAPING AND INHALATION OF MARIJUANA** (medical and recreational) **ARE PROHIBITED** after midnight, on the night before your procedures. You should also avoid hard candy and chewing gum after midnight.

- **All oral piercings** must be removed before all procedures as well as any other jewelry. **NO EXCEPTIONS!**
- **All stimulators** (bladder, spinal etc.) should be turned “off” or placed in “surgery mode” if you are having a colonoscopy.
- Please refer to the personalized medication instructions provided to you. ***It is especially important to take medications for blood pressure and heart function the day of your procedures.***
- ***If you experience any of the following between now and the day of your procedure, please notify us immediately:***
  - 1. A change in health status***
  - 2. an ER visit/hospital admission***
  - 3. Testing or office visit for your heart, lungs, brain***

Please call 814-946-5469 Option 7 to report these changes, or if you have any additional questions pertaining to your procedure.

**!! PLEASE SEE THE CHART BELOW FOR A LIST OF MEDICATIONS THAT REQUIRE A MANDATORY HOLD PRIOR TO PROCEDURES (see next page)!!**

**HOLD MEDICATION DAY OF PROCEDURE:**

Carafate (Sucralfate)

**HOLD MEDICATIONS FOR 1 DAY PRIOR TO PROCEDURE:**

Byetta (Exenatide)  
Soliqua (Lixisenatide + Insulin)  
Victoza/Saxenda (Liraglutide)

**HOLD MEDICATIONS FOR 3 DAYS PRIOR TO PROCEDURE:**

Brenzavvy (Bexagliflozin)  
Farxiga (Dapagliflozin)  
Glyxambi (Empagliflozin/Linagliptin)  
Inpefa (Sotagliflozin)  
Invokana (Canagliflozin)  
Invokamet (Canagliflozin/Metformin)  
Invokamet XR (Canagliflozin/Metformin XR)  
Jardiance (Empagliflozin)  
Qtern (Dapagliflozin/Saxagliptin)  
Qternmet XR (Dapagliflozin/Saxagliptin/Metformin XR)  
Synjardy (Empagliflozin/Metformin)  
Synjardy XR (Empagliflozin/Metformin XR)  
Steglatro (Ertugliflozin)  
Steglujan (Ertugliflozin/Sitagliptin)  
Segluromet (Ertugliflozin/Metformin)  
Trijardy XR (Empagliflozin/Linagliptin/Metformin XR)  
Xigduo (Dapagliflozin/Metformin)  
Xigduo XR (Dapagliflozin/Metformin XR)

**HOLD MEDICATIONS FOR 7 DAYS PRIOR TO PROCEDURE:**

Adipex-P/Lomaira (Phentermine)  
Adlyxin (Lixisenatide)  
Bydureon (Exenatide)  
Mounjaro/Zepbound (Tirzepatide)  
Ozempic (Semaglutide)  
Qysmia (Phentermine and Topiramate)  
Rybelsus  
Trulicity (Dulaglutide)  
Wegovy

## Low Residue Diet

### Foods allowed

### \*Foods to Avoid\*

<p><b><u>Fruits</u></b></p> <p>oranges, grapefruit, cooked apples/peaches/pears, ripe bananas</p>	<p><b><u>Fruits</u></b></p> <p>raw fruits, dried apricots, figs, dates, raisins</p>
<p><b><u>Cereals &amp; soups</u></b></p> <p>cooked and strained oatmeal, wheat cereals, refined rice cereals, dry cereals</p> <p>all soups</p>	<p><b><u>Cereals &amp; soups</u></b></p> <p>-----</p>
<p><b><u>Breads &amp; pasta</u></b></p> <p>toasted white bread (butter ok), saltines, rusk</p> <p>spaghetti noodles, macaroni noodles</p>	<p><b><u>Breads &amp; pasta</u></b></p> <p>bran, whole wheat, rye bread, corn bread, rolls, muffins</p>
<p><b><u>Vegetables</u></b></p> <p>cooked and strained asparagus, beets, peas, carrots, fresh lima beans, spinach, squash, white potatoes (mashed, creamed or baked – no skins)</p>	<p><b><u>Vegetables</u></b></p> <p>radishes, corn, cucumbers, cabbage, tomatoes, onions, garlic, celery, green beans, brussels sprouts, peppers, cauliflower, dried peas, beans, olives, pickles</p>
<p><b><u>Meats, poultry, fish, eggs &amp; cheese</u></b></p> <p>beef (broiled or baked), chicken, turkey, ham (boiled or broiled), bacon, lamb chops, eggs (soft boiled or poached), cottage cheese, cream cheese</p>	<p><b><u>Meats, poultry, fish, eggs &amp; cheese</u></b></p> <p>all fried, canned, salted and spices meats/fish, veal, mutton, nuts</p> <p>condiments, gravy, sauces</p>
<p><b><u>Desserts</u></b></p> <p>custard, pudding, ice cream, Jello, cake (no icing), honey, syrup, clear jelly</p>	<p><b><u>Desserts</u></b></p> <p>rich pastries/desserts, candy, popcorn, marmalade</p>
<p><b><u>Beverages</u></b></p> <p>milk, buttermilk, eggnog, malted milk, cocoa, tea, coffee, carbonated drinks</p>	<p><b><u>Beverages</u></b></p> <p>alcoholic beverages</p>