**SUTAB Colonoscopy Prep Instructions**

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| **ARRANGEMENTS** |
| * You will be given sedating medication for your procedure. After your procedure, you may NOT drive yourself home**. You must be accompanied by an adult friend or family member to drive you home. You may not take a taxi, Uber, Lyft or car service. Failure to arrange a driver will result in cancellation of your procedure.**
* **DO NOT** drive, work, make any personal or business decisions, or operate any heavy machinery for 24 hours after your procedure because the sedative can make you sleepy and forgetful.
* **AVOID** seeds and nuts for 1 week prior to your colonoscopy.
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| **SUPPLIES**  |
| * Pick up your supplies for your colonoscopy 1 week prior of your appointment:
	+ Pharmacy:1 SuTab bowel prep kit

***\*\*If you have difficulty taking pills, please call to arrange for an alternative prep: 303-761-8336****\*\** * + Grocery Store:
	+ 4- chewable tabs of Simethicone or Gas-X tablets (any flavor & any brand)
	+ 2- Dulcolax or Bisacodyl tablet 5mg (any brand)
	+ Clear Liquids (see list below).

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| **Clear Liquid Diet:**  | **Things to AVOID** |
| * + Clear Broth
	+ Clear Juice (apple, lemonade)
	+ Sport drinks (Gatorade, Powerade)
	+ Flavored Drinks (Kool-Aid, MiO)
	+ Hot Drinks (Tea, Coffee)
	+ Jello
	+ Hard Candy
 | * + NO **Red** and **Purple** liquids
	+ NO Solid Foods
	+ NO Alcohol
	+ NO Pulp in Juice
	+ NO Nectar Drinks
	+ NO Dairy and Nondairy Creamer
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| **MEDICATIONS AND DEVICES**  |
| * **Diabetes medications:** please contact your prescribing provider’s office for instructions on taking.
* **Blood thinning medications:** (Eliquis, Coumadin, Xarelto, Pradaxa, etc.) ensure you have gotten pre-procedure instructions 1 week before your procedure. **If not, please call the RN line: 303-761-8336.**
* **Prescription weight loss medications:** (Phentermine) stop this at least 7 days before your procedure.
* **DO NOT STOP** heart, blood pressure or regular medications; unless told to do so.
* **DO NOT STOP** taking Naltrexone or Contrave.
* **CPAP or Inhalers:** FOR HOSPITAL PROCEDURES ONLY, please bring this with you.
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| **PROCEDURE PREP INSTRUCTIONS** |
| **\*\*PLEASE DISCARD INSTRUCTIONS INSIDE SUTAB BOX & FOLLOW THE INSTRUCTIONS ON THE BACK OF THIS PAGE\*\*** |

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| **PREPARING FOR YOUR COLONOSCOPY** |
| **ONE DAY BEFORE YOUR PROCEDURE: \_\_\_\_\_\_\_\_\_\_*** Start a CLEAR LIQUID DIET in the morning

\*\*\*If your procedure is **after 12:00PM tomorrow** you may have a light breakfast (eggs, white toast) **before 9:00AM today** and then start a clear liquid diet. \*\*\* |
| **DOSE 1****Start at 6:00 PM the Day Prior to Colonoscopy** | **DOSE 2**  **6 Hours Prior to Colonoscopy** |
| 1. **At 6:00PM** prepare two Dulcolax 5mg tablets, 16oz. of water, and 12 SuTab tablets
2. Take **two** Dulcolax 5 mg Tablets.
3. Swallow each SuTab tablets, one by one, with a sip of water, allowing 2-3 minutes between each tablet and then finish drinking the remaining water in the container. **Take the tablets over the course of 1 hour.**
4. Chew 2 Simethicone/Gas-X tablets.
5. **Between 7:30 and 8:00PM**, drink the 2nd- 16 oz. container of water over 30 minutes.
6. **Between 8:30 and 9:00PM,** drink the 3rd- 16 oz of water and drink over 30 minutes.
7. After drinking all your water, you may drink any of the other **clear liquids** you have chosen throughout the evening.
 | 1. **6 hours before your procedure:\_\_\_\_\_\_\_**

 prepare 16oz. of water and 12 SuTab tablets1. Swallow each of the 12 tablets, one by one, with a sip of water, allowing up to 3 minutes between each tablet and then drink all the water in the container. **Do not rush taking the tablets.**
2. Chew 2 Simethicone/Gas-X tablets.
3. **5 hours before your procedure:\_\_\_\_\_\_\_\_\_**

 Drink your **two** 16 oz. container of water over 1 hour.  |
| **165,042 Stop Sign Stock Photos, Pictures & Royalty-Free Images - iStockDAY OF PROCEDURE 4 hours before your procedure:****STOP drinking all liquids, including water. This is for your safety. Anything after 4 hours can delay or cancel your procedure.** **No gum, hard candy, chewing tobacco, cigarettes, marijuana, cigars, pipes, e-cigarettes, or illicit drugs.** **\*\*\*If you have any heart, blood pressure, anti-seizure medications you may take them** **with small sips of water when you usually take these medications.\*\*\*** |
| **IMPORTANT:**Following the second dose, your **bowel movements should be clear, yellow, or tea colored**. If bowel movements aren’t clear, yellow, or tea-colored, or contain any solids**, please call the on-call physician: 303-788-8888** to be given further instructions or to discuss if you will need to be rescheduled. |
| **Bring your ID, Insurance Card, & a Form of Payment for Check-in at:** |