

ARRANGEMENTS

- **GETTING HOME:** you will not be able to drive, work, make any personal or business decisions, or operate any heavy machinery for 24 hours after your procedure. The medicines you were given can change the way you think and make it harder to remember for the rest of the day. As a result, you will not be allowed to leave alone and will need an adult friend or family member to take you home. **Failure to arrange a driver will result in cancellation of your procedure.**
- **TRANSPORTATION SERVICES:** If you do not have a responsible adult to accompany you home, there are transportation services you may use who have drivers that are trained in CPR and first aid. They are also permitted to sign your discharge papers after your procedure to make sure you make it home safely. **You will need to set up your reservation with them prior to your procedure: Mobility Transportation: 303-295-3900 or Midtown Express: 303-282-8085.**
- **AVOID:** seeds and nuts for 1 week prior to your colonoscopy.

SUPPLIES

- Pick up your supplies for your colonoscopy 1 week prior of your appointment:



- Pharmacy: 1 SuPrep bowel prep kit
- Grocery Store: 4 chewable tabs of Simethicone or Gas-X tablets (any flavor, brand or color) & Clear Liquids (see list below).



Clear Liquid Diet:

- Clear Broth
- Clear Juice (apple, lemonade)
- Sport drinks (Gatorade, Powerade)
- Flavored Drinks (Kool-Aid, MiO)
- Hot Drinks (Tea, Coffee)
- Jello
- Hard Candy

Things to AVOID

- NO **Red** and **Purple** liquids
- NO Solid Foods
- NO Alcohol
- NO Pulp in Juice
- NO Nectar Drinks
- NO Dairy and Nondairy Creamer

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 at least 7 days before your procedure.
- **DO NOT STOP** regular medications; unless told to do so.
- Take heart and blood pressure medications **ACCORDING TO SCHEDULE** and **DO NOT MISS DOSES;** unless told to do so.
- **DO NOT STOP** taking Naltrexone or Contrave if scheduled with Propofol. Hold Naltrexone for at least 72 hours with conscious sedation.
- **INHALERS:** please use your inhaler before coming in for your procedure and bring it with you.
- **CPAP:** FOR HOSPITAL PROCEDURES ONLY, please bring this with you.

PROCEDURE PREP INSTRUCTIONS

****PLEASE DISCARD INSTRUCTIONS INSIDE SUPREP BOX & FOLLOW THE INSTRUCTIONS ON THE BACK OF THIS PAGE****

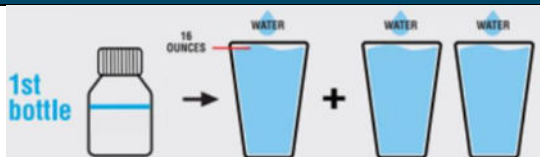
PREPARING FOR YOUR COLONOSCOPY

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

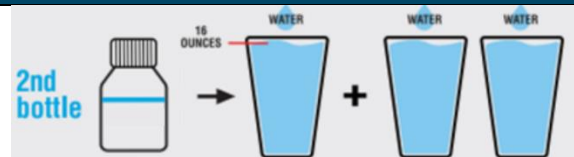
Start at 6:00 PM the Day Prior to Colonoscopy



- At 6:00PM** prepare your prep. Pour 6oz. of suprep into the mixing container add a clear liquid of your choice to the 16 oz line and then pour into a different container. Mix the second bottle of prep in the same manner and set aside in the refrigerator for the next morning.
- Drink all of the first 16 oz. of prep. Using a straw or chilling the prep may make it easier to drink.
- Chew 2 Simethicone/Gas-X tablets.
- Between 7:30 and 8:00PM**, drink the 2nd- 16 oz. container of water over 30 minutes.
- Between 8:30 and 9:00PM**, drink the 3rd- 16 oz of water and drink over 30 minutes.
- You may now drink any of the other clear liquids you have chosen throughout the evening.

DOSE 2: Day of Procedure

6 Hours Prior to Colonoscopy



NO SOLID FOODS TODAY

- 6 hours before your procedure**
Remove the prepared prep from the refrigerator.
- Drink all of the second 16 oz. dose of prep. Using a straw or chilling the prep may make it easier to drink
- Chew 2 Simethicone/Gas-X tablets.
- 5 hours before your procedure**
Drink **two** additional 16 oz. container of water over the next 1 hour.

DAY OF 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. ***

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.

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: