



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.

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) & Clear Liquids (see list below).



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

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.

PROCEDURE PREP INSTRUCTIONS

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

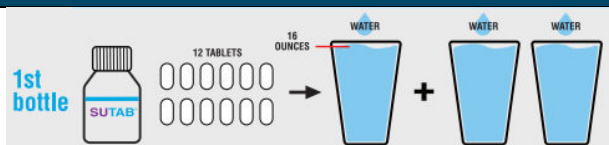
PREPARING FOR YOUR COLONOSCOPY

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

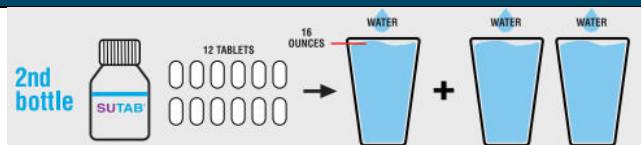
Start at 6:00 PM the Day Prior to Colonoscopy



- At 6:00PM** prepare 16oz. of water and 12 SuTab tablets
- Swallow each 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. **Do not rush taking the tablets.**
- 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.
- After drinking all your water, you may drink any of the other clear liquids you have chosen throughout the evening.

DOSE 2

6 Hours Prior to Colonoscopy _____



- 6 hours before your procedure:** _____ prepare 16oz. of water and 12 SuTab tablets
- 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.**
- Chew 2 Simethicone/Gas-X tablets.
- 5 hours before your procedure:** _____ Drink your **two** 16 oz. container of water over 1 hour.

DAY 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: _____