

COLONOSCOPY PREP – SUTAB

Please read the following instructions carefully at least 7 days before your scheduled procedure.

It is absolutely necessary that you complete the following instructions, with no changes, unless specified by your physician.

TIMELINE	What YOU Need to Do	Comments
7 days before procedure	<ul style="list-style-type: none"> ▪ Avoid ALL Nuts, seeds, corn, and RAW green vegetables ▪ Arrange for a responsible adult to drive you to the facility on the day of your procedure ▪ <u>IF YOU TAKE BLOOD THINNER PRODUCTS:</u> Follow the instructions for your blood thinner products as you were directed by your GI physician, cardiologist, or prescribing physician. ▪ <u>IF YOU TAKE INSULIN PRODUCTS OR ORAL DIABETES PILLS:</u> Contact your physician to obtain specific directions for dosages on the day before and day of your procedure. 	You will need a responsible adult to drive you home from the procedure. It is the facilities policy to cancel the procedure if you do not have a ride home.
5 days before procedure (or as soon as it is ordered)	<ul style="list-style-type: none"> ▪ Go to the pharmacy and pick up your prescribed SUTAB prep 	
1 day before procedure	<ul style="list-style-type: none"> ▪ BREAKFAST: You may have a light breakfast. <u>This MUST be completed by 9AM.</u> ▪ Choose from <u>ONE</u> of the following: <ul style="list-style-type: none"> ○ White bread/toast <u>OR</u> ○ Rice cereal <u>OR</u> ○ Cream of wheat <u>OR</u> ○ Eggs You may also have the following: <ul style="list-style-type: none"> ○ Milk ○ Juice (no red, blue, or purple) ▪ After 9am and until AFTER YOUR PROCEDURE, do not eat anything and drink only clear liquids (no red, blue, or purple). Clear liquids include: <ul style="list-style-type: none"> ▪ Water & Tea ▪ Plain coffee, no creamer or milk ▪ Clear juices such as apple or white grape juice ▪ Lemonade from powdered mix ▪ Kool Aid or Crystal Light ▪ Clear Soda (7-Up, Sprite, Ginger Ale) ▪ Gatorade/PowerAde ▪ Fat free broth/ bouillon/ consommé ▪ Plain/flavored gelatins (no fruit added) ▪ Italian ices, sorbet, popsicles 	<ul style="list-style-type: none"> ▪ BREAKFAST MUST BE COMPLETED BY 9AM ▪ CLEAR LIQUIDS ONLY AFTER 9AM

SEE REVERSE FOR ADDITIONAL PREP INSTRUCTIONS

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TIMELINE	What YOU Need to Do	Comments
<p>1 day before your procedure at 4:00PM</p>	<ul style="list-style-type: none"> ▪ Begin first dose of prep <ol style="list-style-type: none"> 1. Open 1 bottle of 12 tablets. Fill the provided container with 16 ounces of water (up to the fill line). 2. Swallow each tablet with a sip of water over 15-30 minutes and drink the entire amount of water 3. One hour after the last tablet is ingested, fill the provided container with 16 ounces of water and drink the entire amount over 30 minutes 4. 30 minutes after finishing the second container of water, refill the provided container with 16 ounces of water, and drink the entire amount over 30 minutes 5. Continue with clear liquids for the rest of the evening 	<p>It is very important that you drink the required water in steps 2-4</p> <p>Stay close to restroom. You may use baby wipes or A&D ointment to alleviate discomfort from your prep results.</p>
<p>DAY OF PROCEDURE: SEVEN hours prior before check-in time</p> <p>(For example, if you are to check-in at 7:15am, you will need to get up at 12:15am and start taking the 2nd bottle of tablets.)</p>	<ul style="list-style-type: none"> ▪ You may take your medications as instructed (especially heart and blood pressure) up to 4 hours prior to checking in for your procedure. ▪ Repeat steps 1-4 from above for second dose using the 2nd bottle of 12 tablets ▪ Follow specific directions given by your physician regarding insulin, oral diabetic pills, and blood thinners. ▪ After that, stop all fluids. ▪ Nothing by mouth, including gum, mints, and candy starting 4 hours prior to your procedure until after your procedure is complete. 	<p>DO NOT take any medications <u>after</u> completing your 2nd dose of prep.</p> <p>Your bowel movements will turn watery and -toward the end of the prep-will appear yellow or clear. If the bowel movement is NOT YELLOW OR CLEAR, notify the pre-op nurse when you arrive at the facility.</p>
<p>Appointment time</p>	<ul style="list-style-type: none"> ▪ Arrive at your appointment check-in time with your responsible adult driver (see page 1). 	<p>For your safety, your procedure will be cancelled if you do not have a ride home arranged.</p>



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Endoscopy Facilities

Harmony Surgery Center

2127 E Harmony Road
Suite 200
Fort Collins, CO 80528
Phone: (970) 297-6300

Poudre Valley Hospital

1024 S Lemay Ave
Fort Collins, CO 80524
Phone: (970) 495-7000

McKee Medical Center

2000 N Boise Ave
Loveland, CO 80538
Phone: (970) 820-4640

Greeley Endoscopy Center

8227 W. 20th Street
Greeley, CO 80634
Phone: (970) 573-7555

Medical Center of the Rockies

2500 Rocky Mountain Ave
Loveland, CO 80538
Phone: (970) 624-2500

Estes Park Medical Center

555 Prospect Ave
Estes Park, CO 80517
Phone: (970) 586-2317

Skyline Endoscopy Center

2555 E 13th Street
Suite 210
Loveland, CO 80537
Phone: (970) 663-2159

Greeley Hospital

6767 W 29th Street
Greeley, CO 80634
Phone: (970) 652-2000