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Sutab Bowel Preparation Instructions

These instructions are for people who do not have serious kidney or heart problems. If you have kidney or heart disease, please call our office: 303-604-5000.

Cleaning out your colon helps your doctor see clearly during your colonoscopy. If your colon is not clean, your test may be **canceled,** and you may have to **reschedule**.

Key Information:

- **Read these instructions at least two weeks before your procedure.**
- **Stop eating solid food at 7 PM, two days before your colonoscopy.**
- Drink **only clear liquids** after that.
- Stop drinking all liquids **3 hours before your check-in time**.
- Diarrhea is expected during your prep.
- Nausea is common. If you are prone to nausea, please call the office **during regular business hours** to speak with a nurse about whether a prescription to help is needed. Please see FAQs for common questions about what to expect and tips. Scan this QR Code or paste this link in your browser: https://www.gastrorockies.com/procedure-faqs/
- **Print these instructions and check off each step as you do it.** It is important to follow all these instructions to ensure that the physician can safely visualize your colon during the procedure.
- If you can become pregnant and have a uterus, you will need to give a urine sample before your procedure to check for pregnancy or sign a waiver. Pregnant patients will be cancelled.
- **Do you have constipation and/or infrequent bowel movements?** You should not be backed up going into the prep. Contact office if this is a concern for you to adjust your prep.

Transportation on the day of your procedure:

- You must bring an adult (18+) with you. They need to stay in the facility the whole time and take you home after your procedure.
- **You cannot go home alone** (no walking, bus, taxi, Uber, etc.). If you don't have someone to take you, your procedure will be **canceled**.
- You will be at the facility for approximately 2 hours, and your driver is required to check in with you and stay at the facility until you are discharged.

Medication Information:

If you take medications for blood pressure, weight loss, diabetes, blood thinning or kidney issues, please review this section for medications that must be held prior to your procedure. If these medications are not held according to these instructions, your procedure will be canceled.

- **Blood thinners**: including Coumadin (warfarin), Plavix (clopidrogel), Ticlid (ticlopidine hydrochloride), Brilinta (ticagrelor), Aggrastat (tirofiban), Agrylin (anagrelide), Xarelto (rivaroxaban), Pradaxa

(dabigatran), Eliquis (apixaban), Lovenox (low molecular weight heparin), Innohep (heparin) or Effient (Prasugrel), you must follow the instructions provided by our nurses.

- **ACE Inhibitor Blood Pressure medications**: Do NOT take medications ending 'pril' the day of your procedure. Examples: lisinopril, benazepril, ramipril, captopril, enalapril, quinapril
- **ARB Blood Pressure medications**: Do NOT take medications ending in 'sartan' the day of your procedure. Examples: losartan, irbesartan, candesartan, valsartan, telmisartan, olmesartan
- **Diuretics**: Do NOT take "water" pills the day of your procedure. Examples: furosemide (Lasix), bumetanide (Bumex), torsemide, hydrochlorothiazide (HCTZ), spironolactone (Aldactone), indapamide, chlorothiazide, chlorthalidone, metolazone

GLP-1 Agonists and Other Weight Loss Medications:

- **GLP-1 Agonists (Injectable)**: including Mounjaro (tirzepatide), Zepbound (tirzepatide), Trulicity (dulaglutide), Victoza, Saxenda (liraglutide), Ozempic (semaglutide), Wegovy (semaglutide), Bydureon BCise (exenatide), Byetta (exenatide), stop one week prior to your procedure.
- **GLP-1 Agonists (Oral):** including Rybelsus/Wegovy (semaglutide tablet), stop 24 hours prior to procedure.
- **Anorectics**: including Adipex-P, Lomaira, Suprenza (phentermine hydrochloride), Qsymia (phentermine hydrochloride/topiramate), stop 5 days prior to your procedure.

Insulin and Blood Sugar Checking Instructions:

- **Long-Acting Insulins** (ex. Lantus, Basaglar, Semglee, Toujeo, Soliqua, Insulin Glargine): Decrease basal rate by ½ the day before and the day of your procedure.
- **Rapid-Acting and Regular Short-Acting Insulin** (ex. Lispro, Humalog, Admelog, Regular Insulin): If your blood sugar is high and you need to take a correction, take ½ or 50% of your usual correction. This applies to the day before and the day of your procedure.
- **Insulin Pump**: Decrease basal rate by ½ the day before and the day of your procedure. Do not administer bolus doses.
- **Check your blood sugar at same intervals as usual, and additionally, if needed:** If your blood sugar is less than 60, please take glucose tablets at any time before your procedure with a sip of water.

Other Medications that Lower Blood Sugar Instructions:

- **SGLT2 Inhibitors:** including Jardiance (empagliflozin), Brenzavvy (bexagliflozin), Glyxambi (empagliflozin/linagliptin), Invokamet (canagliflozin/metformin), Invokana (canagliflozin), Qtern (dapagliflozin/saxagliptin), Segluromet (ertugliflozin/metformin), Steglatro (ertugliflozin), Steglujan (ertugliflozin/sitagliptin), Synjardy (empagliflozin/metformin), Inpefa (sotagliflozin), Trijardy (empagliflozin/linagliptin/metformin), Xigduo (dapagliflozin/metformin), Farxiga (dapagliflozin), stop these medications 4 days prior to your procedure.
- **Other Medicines that Help Control Blood Sugar:** including Glucophage (metformin), Glucotrol/Glynase Pres Tab/Micronase (glipizide), Amaryl (glimepiride), DiaBeta (glyburide), Tradjenta (linagliptin), Januvia (sitagliptin), Nesina (alogliptin), Onglyza (saxagliptin), Zituvio (sitagliptin), Actos (pioglitazone), Avandia (rosiglitazone) or any combination of these medications, stop these medications the day before your procedure.

Other Medication Instructions:

- **Stop medications** for diarrhea such as Imodium (loperamide), Pepto-Bismol (bismuth subsalicylate) or Lomotil (diphenoxylate/atropine) 5 days before your procedure
- **Stop iron products** like vitamins with iron or iron pills 5 days before your procedure
- **Stop fiber supplements** like Metamucil, Citrucel, Psyllium or Benefiber 5 days before your procedure
- **All other medications:** Including aspirin, should be taken the day of the procedure with a sip of water

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Checklist to Ensure Proper Bowel Preparation

Prep Items Needed: Purchase the items below at least five days before your procedure:

- ☐ **1 -** Sutab Bowel Kit
- ☐ **4 -** Gas-X tablets containing 80 mg or 125 mg of simethicone each
- ☐ **1 -** 16-gram packet of magnesium citrate OR 10 oz bottle of magnesium citrate

3 days before your colonoscopy:

- ☐ **Stop eating high-fiber foods** – See the "Low Fiber Foods" page for what to eat and what to avoid.

Checklist: Two Days Before Your Colonoscopy

- ☐ **DO NOT eat solid food after 7 pm until after your procedure.**

  Example: If your procedure is on Monday, stop eating solid food at 7pm on Saturday evening.
- ☐ Follow a **clear liquid diet** using the charts below:

CLEAR LIQUIDS - YOU CAN DRINK:

Gatorade, Pedialyte, Powerade, Kool-Aid
Gatorade G2, Propel, Crystal Light
Popsicles
Jell-o, Juice without Pulp (ex. Apple Juice)
Black Coffee
Tea, Water
Clear Sodas (ex. Sprite, Ginger Ale)
Sparkling water

DO NOT DRINK:

NO Red or Purple Liquids
NO Milk or Non-dairy Creamers
NO Alcohol
NO Broth or Soup
NO Juice with Pulp (ex. pineapple juice)
NO Liquid you cannot see through
NO Apple Sauce
NO Smoothies

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Checklist: The Day Before Your Colonoscopy

- ☐ Only drink clear liquids the **ENTIRE DAY** before your procedure. **NO solid foods**.
- ☐ Drink at least 8-ounces of **clear liquids EVERY HOUR** after waking up.

5:00 pm - the evening before your procedure:

- ☐ Take two tablets of simethicone/Gas X

6:00 pm - the evening before your procedure:

- ☐ Open one bottle of 12 tablets.
- ☐ Fill the provided container with 16 ounces of water (up to the fill line).
- ☐ Swallow each tablet with a sip of water and drink the entire amount of water over 20 minutes.
- ☐ Approximately one hour after the last pill is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.
- ☐ Approximately 30 minutes after finishing the second container of water, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.
- ☐ **Before going to sleep:** Take two additional simethicone tablets.
- ☐ **Set your alarm!** Make sure to wake up at least **5 hours** before your procedure check-in time.

9:00 pm - the evening before your procedure:

- ☐ If you haven't had a bowel movement yet, drink a 10 oz bottle of magnesium citrate or mix a 16-gram packet of magnesium citrate with 8 oz of clear liquid and drink it.

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Checklist: The Day of Your Colonoscopy

- ☐ **No marijuana.**
- ☐ **No mints, gum, hard candy, nicotine pouches/patches or chewing tobacco.**
- ☐ You may drink clear liquids up to 3 hours before your procedure check-in time. **NO solid foods**.

5 hours - before your procedure check-in time - this may be in the middle of the night or early AM:

- ☐ Open the second bottle of 12 tablets.
- ☐ Fill the provided container with 16 ounces of water (up to the fill line).
- ☐ Swallow each tablet with a sip of water and drink the entire amount of water over 20 minutes.
- ☐ Approximately one hour after the last pill is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.
- ☐ Approximately 30 minutes after finishing the second container of water, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes. **If your stools are not light yellow/clear and you did not already drink the magnesium citrate after the first half of the prep, drink a 10 oz bottle of magnesium citrate or 16-gram packet of magnesium citrate with 8 oz of clear liquid.**

3 hours - before your procedure check-in time

- ☐ **3 hours before check-in: STOP DRINKING ALL LIQUIDS!**

By this point, your stool should look light yellow and clear—similar to urine.** If it is still brown, cloudy or has any solid pieces, your colon may not be clean enough for your procedure. Please call our office at 303-604-5000 **at 6:30 am for further instructions**

You're all done with your prep—great job!

Bring these things with you to your procedure:

- ☐ A list of all your medicines (even ones you buy without a prescription)
- ☐ A photo ID
- ☐ Your insurance card
- ☐ Payment card for your co-pay, co-insurance or deductible
- ☐ Don't bring valuables—we are not responsible for lost items.
- ☐ A driver who can stay at the facility during your entire visit and drive you home

Procedure Cancellation Notice Requirements:

- Procedure cancellations must be made **seven (7) business days prior to your appointment.**
- Failure to provide the required advance notice will result in a **$300 Cancellation Fee.**

✅ Low-Fiber Foods to Eat (Safe 3 Days Before Colonoscopy)

Category	Recommended Foods
Milk & Milk Products	Buttermilk, Custard, Evaporated/Powdered Milk, Low-fat Cheese, Low-fat Ice Cream, Skim/Low-fat Milk, Sherbet, Smooth Yogurt (no seeds/berries/nuts)
Vegetables	Well-cooked veggies without seeds (e.g., carrots, spinach), Lettuce, Potatoes (no skin), Strained Veggie Juice
Meats & Protein	Eggs, Smooth Nut Butters (e.g., creamy peanut butter), Tofu, Tender/Well-cooked Meat, Poultry, Fish
Grains	White Bread, White Rice, Pasta, Crackers, Cereals made with refined flour, Cooked cereals (farina, creamy rice)
Fruits	Juice without pulp (except prune), Peeled Apple, Ripe Banana, Melons, Soft/Pureed canned fruit (except pineapple)
Snacks & Sweets	Jell-O, Hard Candy, Plain Cake/Cookies, Plain Pudding, Low-fat Ice Cream, Pretzels, Sherbet, Popsicles
Condiments	Ketchup, Mustard, Butter, Margarine, Oils, Mayo, Sour Cream, Plain Gravy, Clear Jelly, Honey, Syrup, Broth, Bouillon, Cooked Herbs, Allowed Vegetable Soups

❌ High-Fiber Foods to Avoid (3 Days Before Colonoscopy)

Category	Avoid These Foods
Milk & Milk Products	Yogurt with seeds, berries, or nuts
Vegetables	Broccoli, Cabbage, Cauliflower, Corn, Fried Vegetables, Greens (mustard, collards, etc.), Mushrooms, Onions, Okra, Peppers, Raw Veggies (except lettuce), Potato Skins, Brussels Sprouts, Winter Squash
Meats & Protein	Chunky Nut Butters, Dried/Legume Beans (peas, lentils), Nuts/Seeds, Tough or Chewy Meats, Processed meat (hot dogs, sausage, cold cuts)
Grains	Brown/Wild Rice, Whole-grain Cereals, Whole-Wheat or Seeded Breads/ Rolls/Pasta/Crackers
Fruits	Raw Fruits (except peeled apple, ripe banana, melon), Dried Fruits (e.g., raisins), Prunes & Prune Juice, Canned Berries/Cherries
Snacks/Sweets/Condiments	Popcorn, Candy with Nuts/Seeds, Desserts with Whole Grains, Dried Fruit, Nuts or Coconut, Jam, Marmalade, Pickles, Olives, Relish, Horseradish, Sauerkraut