

## ABOUT THE PROCEDURE

The colonoscopy usually takes about a ½ hour. Expect to be at the surgical facility 2-3 hours for your test and recovery time. Dr. Perryman will speak with a family member after the procedure and let them know of the findings. The sedation medicine you receive for the procedure may prevent you from remembering everything that she says. There are no restrictions on what can be eaten after the procedure. You may be drowsy following your colonoscopy, and may need additional rest that day.

If biopsies are taken results will be available in four-to-five days. Please call our office to obtain the results at (303)840-8822. Follow-up appointments can be made to discuss the biopsy findings, need for further studies, and other screening tests.

***Talk to Dr. Perryman or her medical staff if you have any questions or concerns.***



**www.ColoradoColon.com**



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### **SUTAB BOWEL PREP INSTRUCTIONS**

REPORT TO: \_\_\_\_\_ PARKER ADVENTIST HOSPITAL  
REGISTRATION, 1<sup>ST</sup> FLOOR  
\_\_\_\_\_ CROWN POINT SURGERY CENTER  
9397 CROWN CREST BLVD, STE 110  
\_\_\_\_\_ SKY RIDGE SURGICAL CENTER  
10099 RIDGE GATE PKWY, STE 100

DATE: \_\_\_\_\_ APPT TIME: \_\_\_\_\_ CHECK IN TIME: \_\_\_\_\_

- ✓ Please report to Parker Hospital or Sky Ridge **1 ½ HOURS** prior to the test, or **1 HOUR** if it is at Crown Point.
- ✓ You will need an adult to drive you home after the colonoscopy. If you do not have a driver present, your procedure will be cancelled. You may not take a cab home. Working or driving is not permitted for the rest of the day.
- ✓ **NO ASPIRIN OR ASPIRIN PRODUCTS FOR 1 WEEK PRIOR TO YOUR PROCEDURE.** These products include Advil, Motrin, Ibuprofen, Aleve, and Midol.
- ✓ Hold all herbal supplements, fish oil, glucosamine and vitamin E for **1 WEEK** prior to your procedure.
- ✓ For pain, take only Tylenol (acetaminophen) unless otherwise directed by Dr. Perryman.
- ✓ Please inform Dr. Perryman if you are taking Coumadin, Xarelto, Plavix, or other similar blood thinning medications.
- ✓ Avoid fibrous food a week prior to procedure. No nuts, seeds, popcorn, or grains.

## **BOWEL PREP**

REMEMBER: Your colonoscopy preparation is VERY important. An adequate clean-out allows for the best evaluation of your entire colon. Poor preparation could lead to the cancellation of your procedure. Using baby wipes or Tucks and Desitin ointment may ease some discomfort you may have during your prep. *Be kind to your behind!*

### **THE DAY BEFORE YOUR COLONOSCOPY:**

#### **What You CAN Do**

Start clear liquid diet first thing in the morning. Liquids that are OK TO DRINK • Coffee or tea (no cream or nondairy creamer) • Fruit juices (without pulp) • Gelatin dessert (no fruit or topping) • Water • Chicken broth • Gatorade or Crystal Light (no red, orange, or purple)

#### **What You CANNOT Do**

- Do not eat any solid food
- Do not drink milk or anything colored red, orange, or purple
- Do not drink alcohol
- Do not take other laxatives while taking SUTAB
- Do not take oral medications within 1 hour of starting each dose of SUTAB
- If taking tetracycline or fluoroquinolone antibiotics, iron, digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before and not less than 6 hours after administration of each dose of SUTAB

**You will need these 2 items:**



1. SUTAB Bowel Prep Kit (by prescription)
2. Four (4) Gas-X or Simethicone gas relief tablets – Reg (125mg) or Max (180mg) strength

**6:00 PM**

### **THE NIGHT *BEFORE* YOUR COLONOSCOPY**

- ✓ **Step #1:** Fill container provided with 16 oz water
- ✓ **Step #2:**
  - Swallow 12 SUTAB tablets individually each with a sip of water
  - Drink all liquid in container over 30 mins
- ✓ **Step #3:** Chew two (2) Gas-X or Simethicone tablets
- ✓ **Step #4:** Drink two (2) more 16 oz containers of water
  - 7:30 – 8:00PM Drink one 16 oz container of water
  - 8:30 – 9:00PM Drink second 16 oz container of water

Note: If you experience nausea, bloating or cramping, pause and slow drinking until your symptoms diminish

**YOU MAY CONTINUE TO CONSUME CLEAR LIQUIDS  
THROUGHOUT THE EVENING**

**6 HRS PRIOR  
TO  
PROCEDURE**

- ✓ **Step #5:**
  - Repeat Steps #1 through #3 over the next 30 mins

**5 HRS PRIOR  
TO  
PROCEDURE**

- ✓ **Step #6:**
  - Drink two (2) more 16 oz containers of water over the next hour

**4 HRS PRIOR  
TO  
PROCEDURE**

- ✓ **STOP ALL LIQUIDS**
  - You may brush your teeth but **DO NOT SWALLOW**
  - **DO NOT** smoke or vape
  - If you are to take your morning medicines, take with a small sip of water **NO LESS THAN 4 HRS PRIOR**

**DO NOT EAT ANYTHING UNTIL AFTER YOUR PROCEDURE**