

Colonoscopy Bowel Preparation Instructions

SUTAB



Please arrive **one hour and 15 minutes** prior to your procedure time: If you are delayed, please call 970-384-7500 to let the charge nurse know, otherwise we may need to reschedule your appointment.

1 WEEK BEFORE YOUR PROCEDURE:

- **DISCUSS YOUR MEDICATIONS** with your primary care provider.
 - Stop medications that are for **diarrhea** (Imodium[®], Kaopectate[®]) or that contain **iron** 7 days prior to your procedure.
 - If you are taking any **blood thinners, antidiabetic** or **weight loss medications**, please contact the GI clinic at 970-384-7512 for instructions on how to adjust these medications. If your medications are not adjusted appropriately, your procedure may need to be cancelled.
 - If you are **diabetic**, your medication may need to be adjusted. **Please consult with your prescribing doctor.**
 - Take your usual morning medications (including blood pressure medications), at least 4 hours prior to your procedure with a small amount of water.
 - Please call 970-384-7512 if you have any questions about adjusting your medications.
- **AVOID EATING** corn, popcorn, nuts, and foods containing seeds.
- **ARRANGE A RIDE**
 - **IF YOU DO NOT HAVE A RIDE, YOUR PROCEDURE WILL BE CANCELED.**
 - You will need a friend, family member or medical transport to drive you home.
 - **You may not leave the hospital by yourself using public transportation, taxi, Uber, or certain medical transportation companies.** If you plan on using a medical transportation company, please call our facility to confirm if the medical transport company you plan on using is an approved driving service.
 - You will still be drowsy from the anesthesia, and it is unsafe to drive, work or make important decisions until the day after your procedure.

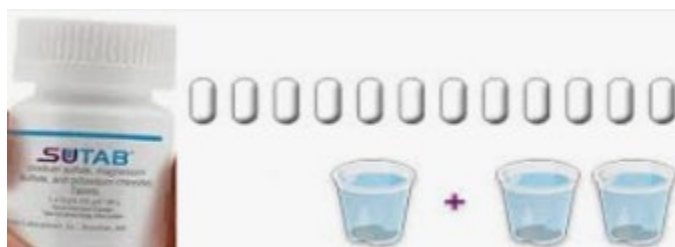
- You must have a responsible adult accompany you home the day of your procedure, even if you take a cab or Uber.
- We must be able to contact your responsible adult. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.

1 DAY PRIOR TO YOUR PROCEDURE:

Do not start bowel prep if you have not received your cost estimate from Valley View and have financial concerns. Please contact Patient Financial Services at 970-384-6880 or pfsverification@vvh.org

- **Starting at midnight, the day prior to your procedure, drink only a CLEAR LIQUID DIET -**
 - **EXAMPLES OF CLEAR LIQUIDS** (liquids you can see through): Water, fruit juices (apple, white grape, white cranberry, lemonade), soda, sports drinks, fat free broth, popsicles, Jell-O, black coffee, or tea (without milk or cream) - avoid red, purple, or orange colored drinks or drinks that contain pulp material. No alcohol
 - **YOU SHOULD NOT BE EATING ANY SOLID FOOD.**
 - **STAY HYDRATED** throughout the day with at least eight 8 oz. glasses of clear liquids in addition to what you drink with your bowel prep medication to help clean the colon and prevent dehydration.

HOW TO TAKE YOUR 1st DOSE OF SUTAB® MEDICATION.



- The **night before** your colonoscopy at **5 pm**, open one bottle of 12 tablets and fill the container provided with 16 oz of water (up to the fill line).
 - Swallow one tablet every 1-2 minutes with a sip of water and drink the entire amount over 15 to 20 minutes.
 - One hour after swallowing the last tablet, fill the container with 16 oz of water (up to the fill line) and drink the entire amount over 30 minutes.
 - After 30 minutes, repeat the same step and drink over 30 minutes.

DAY OF PROCEDURE:

- **Drink** only a **CLEAR LIQUID DIET** up until **3** hours before your arrival time.
- Do not take any medicine by mouth **within 1 hour** before you start drinking prep solution.

TAKE YOUR 2nd DOSE OF SUTAB MEDICATION.

- **5-6 hours before** your procedure repeat the same steps as the night before and finish water at least **3 hours** prior to procedure.
 - **NOTHING BY MOUTH 3 HOURS** before your **ARRIVAL TIME**. This includes water, clear liquids, chewing gum, mints or chewing tobacco.

● **WHAT TO EXPECT FROM THE BOWEL PREP:**

- Plan to be near the bathroom. You can expect to begin passing stool anywhere from 30 minutes to 2 hours after drinking the first dose.
- Most people feel mild bloating and cramping. This is normal. Drinking **SUTAB®** more slowly and over a longer period can help alleviate these symptoms.
- Your stool should be clear with some yellow color after drinking all of the prep.
- **If you are passing brown stool after finishing your prep, please call 970-384-7500 (6am-4pm) to speak to the charge nurse.**

● **IMPORTANT REMINDERS FOR DAY OF PROCEDURE:**

- **Parking** can be a challenge. Please plan to arrive **1 hour and 15 minutes** prior to your arrival time to park and navigate our campus. The hospital offers free valet in both the upper and lower entrances of the hospital.
- Please have your **ID, insurance card and any copays** with you at check-in.
- If you need to change or reschedule your appointment, please call 970-384-7512 8:30am-4:30pm.
- **Please leave all jewelry and valuables at home.**
- If you use **oxygen** at home day or night, please bring a portable tank with you.
- Valley View will release **ALL** results to you as soon as they are available. Therefore, you may see some results even before we do. Please give the provider 2-3 weeks to review your results

and reach out to you. If you have an immediate concern, please send a message through My Health Connection, or call the scheduling line to send a message to the provider.

What is a screening colonoscopy?

During a colonoscopy, your doctor places a small tube with a camera at the end of it in your large intestine. Your insurance plan asks that we use a number (an insurance code) when we send the bill to them. We use the code for a “screening colonoscopy” if we don’t find any small growths (polyps) during the screening. All insurance companies are required to pay for a screening colonoscopy. This was set up by President Obama with the Affordable Care Act (ACC), also known as “Obamacare.”

What is a polyp?

If growths are found, your doctor will try to take them out. These growths can grow to be cancerous if left in the colon. Once a growth is found and removed, the procedure is no longer called a screening colonoscopy. It is now called a “diagnostic” colonoscopy because the growth was found and removed. Treatment has taken place. This happens in about half of all screening colonoscopies that are done.

What does my insurance require?

If polyps are taken out, your insurance company requires that we use a different code to bill them. This may now mean that your insurance requires you to pay deductibles or a co-pay. It is best to call your health plan and ask what you may need to pay for if the code changes from a screening exam. Please let your doctor know if you have questions before your exam and what your health plan requires.