

## CHECK-IN TIME

**Ambulatory Surgery Center: 45 minutes prior to procedure**

**Hospital: 90 minutes prior to procedure**

Check-in Time is when you **MUST** arrive. If you are late for your Check-in Time, this could delay or result in the cancellation of your procedure. Many things, including registration and pre-op, must happen prior to your actual procedure start time.

### LATE CANCELLATION POLICY

To avoid a \$250 LATE CANCELLATION FEE, you must cancel your procedure at least 72 hours prior to your appointment.



Please pick up your bowel prep kit immediately. The prescription below has been sent to your pharmacy and is ready to be picked up:

**SuTab Bowel Prep Kit**

### General Procedure Protocols

- You **MUST** have a responsible adult 18 years or older with you the entire time and available to drive you home
  - Rideshares (such as Uber, Lyft, etc.) are not an allowed method of transportation post-procedure, unless you are accompanied by an adult companion the entire time
- If on blood thinner medications, please confirm with your prescribing physician if they need to be held and what length of hold is required
- Nothing by mouth 4 hours prior to the procedure, this includes food, liquids, gum, oral meds, etc.
  - Take only specified medications (such as blood pressure and diabetes) 4 hours prior
- Bring your picture ID and insurance card
- Remove piercings and jewelry
- Please be available the entire day of your procedure, afternoon appointments may be moved earlier in the day if cancellations occur
- Please review billing information and be aware you could receive three separate invoices from the physician, facility, and anesthesia
  - Contact your insurance company to fully understand your out-of-pocket responsibility
  - Contact our financial counselor to discuss payment options: 720-362-2295

Your bowel must be completely empty for the doctor to clearly view your colon. Follow all instructions to ensure a successful procedure.

Remember to purchase Gas-X Simethicone tablets as well as plenty of water and clear liquids prior to your prep. What qualifies as a **CLEAR LIQUID**?

- Water, Gatorade, Pedialyte, Lemonade, Limeade, Sprite, 7 Up, Ginger Ale, White Grape Juice, Apple Juice, Crystal Light, Clear Broths, Tea, Coffee (without creamer or milk), Plain Jell-O, and Popsicles

**AVOID:**

- No **RED** or **PURPLE** or **BLUE** liquids
- No solid foods, milk, alcohol, marijuana, or illicit drugs
- No orange juice, pineapple juice, or grapefruit juice
- No energy drinks

**3 DAYS PRIOR**

- You must limit raw fruit and vegetables, and **AVOID** beans, nuts, seeds, flax seeds, and popcorn. These foods can negatively affect the quality of examination.
- Increase fluid intake, unless otherwise specified by your provider.

**DAY PRIOR**

- Start **CLEAR LIQUID** diet as soon as you wake up!

**6 pm**

- Open one bottle of **12 tablets** and fill provided container with 16oz clear liquid
- Swallow each tablet individually or in groups with clear liquid and drink remainder of 16 oz within 30 minutes
- Drink 32 oz more clear liquid over next 2 hours, take gas relief tablet (Gas-X /Simethicone tablet)

**6 hours prior to your procedure**

- Open second bottle of **12 tablets** and fill provided container with 16oz clear liquid
- Swallow each tablet individually or in groups with clear liquid and drink remainder of 16 oz within 30 minutes
- Drink 32 oz more clear liquid over next hour, take gas relief tablet (Gas-X /Simethicone tablet)

**All prep must be complete and nothing by mouth 4 hours prior to your procedure!**

*\*Nausea, cramping, and bloating is normal. You can pause or slow down prep protocols until symptoms diminish.*

## MEDICATION PROTOCOLS

It is very important you review the list of medications below that are required to be discontinued prior to your procedure. Failure to follow the instructions below will result in your procedure being rescheduled.

Please note:

- Blood thinners should be discontinued as advised by your prescribing physician.
- Our office will contact your prescribing physician for clearance to determine if it is most appropriate to perform your procedure at an ambulatory surgery center or hospital.
- Blood pressure medication should be taken the morning of your procedure before the 4 hour restriction of nothing by mouth.

Medication Category	Names	When to STOP
Phentermine	Adipex-p, Lomaira	14 days prior
GLP-1	Dulagtide (Trulicity), Exenatide (Byetta, Byureon), Januvia, Jardiance, Liraglutide (Saxenda, Victoza), Lixsenatide (Adlyxin, Lyxumia), Semaglutide (Ozempic, Rybelsus, Wegovy), Tirzaptide (Mounjaro, Zenpep, Zenbound)	
	If used for weight loss, weekly dosing	7 days prior
	If used for diabetes management, daily dosing	3 days prior
Blood Thinners	Aggrenox, Anagrelide, Aspirin, Brilinta, Coumadin, Effient, Eliquis, Plavix, Pletal, Pradaxa, Savaysa, Ticlid, Xarelto	Consult with Physician
NSAIDs	Ibuprofen (Advil, Motrin) Naproxen, Diclofenac, Celecoxib (Celebrex)	7 days prior

## DIABETES MANAGEMENT

If you are diabetic, please monitor your blood glucose levels very closely while prepping for your procedure.

We recommend:

- Drink sugar-free liquids when specified to follow a clear liquid diet
- If you are on INSULIN, take only ½ of your evening dose the night prior to the procedure and do NOT take insulin the morning of your procedure
- If you are on ORAL MEDS, do NOT take diabetic medications the evening prior to or morning of your procedure
- Monitor your blood glucose very closely. If blood glucose levels are too elevated or too low the day of your procedure it may lead to cancellation.
- Keep glucose tablets handy while doing your prep and the day of your procedure
- You may need to hold off on typical insulin during your fasting period the day prior to your procedure.