

SUFLAVE® Preparation Instructions

Follow these instructions, not those on the SUFLAVE® box

7 DAYS BEFORE YOUR COLONOSCOPY:

- Discontinue use of the following: Aspirin, any form of Ibuprofen (Advil, Aleve, Motrin, etc.) Vitamin E, multivitamin, fish oil (just pill, you can eat fish), nuts, seeds, beans, and corn.
- ***Tylenol products are allowed, as needed***
- If you are taking blood thinners (Plavix or Coumadin) or diabetes medications, follow the doctor's specific instructions
- Continue taking your blood pressure medication

1 DAY BEFORE YOUR COLONOSCOPY

- **You may not have any solid food from the time you wake up until the time you go to bed**
 - Begin a clear liquid diet. (A clear liquid is only liquid that you can see through.) The more liquids you consume the better the cleansing. Drink at least 8 glasses of water during the day to avoid dehydration.

Clear Liquid:	Not Clear Liquid:
<ul style="list-style-type: none">• Gatorade, Pedialyte or Powerade, clear broth or bouillon• Coffee or tea (no milk or non-dairy creamer)• Non-carbonated soft drinks• Kool-Aid or other fruit-flavored drinks strained fruit juices (no pulp)• Jell-O, popsicles	<ul style="list-style-type: none">• No red or purple items of any kind no alcohol• No milk or non-dairy creamers no noodles or vegetables in soup no juice with pulp• No liquid you cannot see through

At **2pm**, complete the following steps:

- Open one (1) flavor enhancing packet and pour the contents into one bottle.
- Add lukewarm water up to the line on the bottle. Gently shake the bottle until all powder has dissolved.

NOTE: Refrigerate the solution for at least 1 hour before drinking for better tasting solution

- Drink 8 ounces of solution every 15 minutes until you drink **ALL** liquid in the bottle.
- You **MUST** drink an additional two (2) more 16-ounce bottles of water over the next 1 hour.
- At **8pm**, repeat all of the steps.

- You may continue to drink clear liquids until midnight
- No chewing gum or hard candy

DAY OF YOUR COLONOSCOPY

- **You may not have anything to eat or drink after midnight** (this includes water).
- Medications:
 - You may take your morning blood pressure medication as usual with a slight sip of water.
 - Blood thinners and diabetes medications: follow doctor's specific instructions for the day before and morning of your procedure.
- Bring your medication reconciliation sheet with you. If one was not provided, bring a list of medications you currently take, including the dosage of these drugs, and the last time you took them.
- Bring your insurance card, license and co-pay.
- All females under the age of 50 will be asked to provide a urine sample prior to the procedure.
- An adult must drive you home from your procedure. You will be given medications to sedate you during the procedure and you will be unable to drive home, and for the remainder of the day. Your ride should be in the office to pick you up 1 hour after your scheduled procedure. Even though you may not feel tired, your judgment and reflexes will be impaired.

COLON CLEANSING TIPS

- Stay near a toilet. You will have diarrhea, which can be quite sudden. This is normal.
- Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- If gas or bloating occurs, you may take one Phazyme tablet after each two glassfuls by mouth for a maximum of 4 tablets.
- It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours, and occasionally significantly longer).
- Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over-the-counter remedies including hydrocortisone creams, baby wipes or Tucks pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.