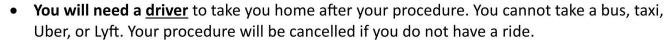
PREPARING FOR YOUR COLONOSCOPY - SUFLAVE

Follow the instructions on these papers, **NOT** the booklet that comes in the prep box.

IMPORTANT REMINDERS – 5 DAYS PRIOR

- 5 Days Prior to Procedure: Please avoid high dietary fiber, seeds, nuts, corn, popcorn, and iron supplements.
- Pick Up Supplies 3 Days Prior to Procedure:
 - ☐ 1 SUFLAVE bowel prep kit from your pharmacy
 - ☐ Simethicone or Gas-X Tablets
 - □ Clear liquids



MEDICATIONS

- Blood Thinner Medications:
 - Stop Plavix, Aggrenox, Pletal, Prasurgrel (Effient) and Ticlid 7 days prior to procedure.
 - Stop Coumadin, Warfarin, or any other blood thinners 5 days prior to procedure.
 - Stop Arixtra, Eliquis, Pradaxa, Xarelto 2-5 days prior to procedure (depending on renal status).
 - Please consult with your Cardiologist about stopping your blood thinning medication and let us know immediately if the time frames listed above are not acceptable.
- Diabetic Medication
 - Insulin twice a day: inject half your usual dose in the evening before your procedure and take half your usual dose the morning of the procedure.
 - o **Insulin only in the morning:** inject your full dose the morning before your procedure but only inject ½ your usual dose the morning of the procedure.
 - o Oral Medication: Please hold oral diabetic medication the morning of the procedure.
- Stop Weight Loss Medication 7 days prior to procedure which includes GLP1s, Semaglutide, Ozempic, Wegovey, etc.
- Continue taking pertinent daily medications such as heart, seizure, cholesterol, blood pressure, aspirin, etc. with a small sip of water up until 4 hours prior to the procedure start time. After this, NOTHING by mouth.

ADDITIONAL NOTES		

BOWEL PREP INSTRUCTIONS - SUFLAVE

1 DAY BEFORE PROCEDURE

Before 9:00AM - You may have a **light breakfast** such as toast, eggs, coffee, tea, non-fat yogurt. **AVOID:** meats, cereal, fruits, vegetables, whole grains, oatmeal.

*If you have an afternoon appointment after 1:00pm, you can have a light lunch up until 12:00pm.

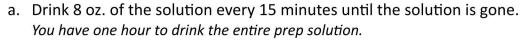
After breakfast, start a **CLEAR LIQUID DIET** up until 4 hours prior to your procedure.

- Liquids OK to Drink: Tea, coffee (sweetener only, no cream), water, clear juice, sports drinks (avoid red or purple), broth, ginger ale, sprite, jello (avoid red or purple), popsicles.
- AVOID: Anything you can't see through, red/purple liquids, solid food, seeds, alcohol, pulp, nectar drinks, dairy, non/diary creamers.

Start SUFLAVE Bowel Prep:

- 1. At 5:00pm: Prepare both SUFLAVE prep doses.
 - a. Add flavor packets (as desired) into each SUFLAVE bottle.
 - b. Fill both bottles with lukewarm water to the fill line. Gently shake until the powder is dissolved and place both bottles in the refrigerator.







3. At 7:00pm: take 2 Simethicone/Gas-X Tablets and then drink an additional 16 oz. glass of water over the next hour.



4. Continue drinking clear liquids until you go to bed. It is very important to drink plenty of water and other clear liquids throughout the day to avoid dehydration and flush the bowel.

DAY OF PROCEDURE

DAT OF PROCEDURE			
Take Second Dose of Bowel Prep:			
1.	6 hours before your procedure: remove the SECOND SUFLAVE bottle from the refrigerator. Drink 8 oz. of the solution every 15 minutes until the solution is gone. You have one hour to drink the entire prep solution.		
2.	Take 2 Simethicone/Gas-X Tablets and then drink an additional 16 oz. glass of water over the next hour.		
0	4 Hours before your procedure: STOP drinking all liquids (including water). NOTHING BY MOUTH including gum, candy, or mints. Anything after 4 hours can delay or cancel your procedure.		
Check in at the surgery center 1 hour prior to your procedure at Bring your ID, insurance card, form of payment, and wear comfortable clothes.			

^{*}Nausea, bloating, cramping is normal — pause or slow down the rate of drinking. Continue to drink the entire solution. Call the physician office if you have any questions or issues.