

Colonoscopy Prep for SUFLAVE



The Dosing Regimen

SUFLAVE is a split-dose (2-day) regimen. A total of 2 bottles are required for complete preparation for colonoscopy. You will take 2 bottles of liquid in two separate doses. One dose of SUFLAVE is equal to one bottle plus one flavor enhancing packet.



*** DO NOT FOLLOW THE INSTRUCTIONS ON THE SUFLAVE BOX, FOLLOW EACH STEP BELOW***

The day before your test, you should already have your bowel prep. Unless otherwise instructed, we have partnered with Gifthealth Pharmacy so your prep can be delivered to your home. You should have received a text or phone message to contact them to arrange delivery and make payment.

If you normally take a prescribed blood thinner like Pletal (Cilostazol), Jantoven, Plavix (Clopidogrel), Coumadin, Warfarin, Persantine, (Dipyridamole), Eliquis (Apixaban), Aggrenox, Xarelto or Pradaxa (Dabigatran) then we have contacted your prescribing physician to make sure that it is okay for you to stop for the recommended number of days.

You will need to stop your blood thinner _____ days prior to your procedure.



FOUR DAYS BEFORE PROCEDURE:

Discontinue eating any foods with seeds, nuts, fruit or vegetables with skin and corn. Also avoid multivitamins as well as iron, herbal and homeopathic supplements (unless advised by a physician).

[v] In addition to the SUFLAVE solution, your physician has recommended that you take Miralax (generic name: Polyethylene Glycol 3350 POWDER.) You will need to purchase Miralax 119 gram bottle and take 17 grams (one PURPLE capful) in 8 oz of water twice a day, beginning 3 days prior to procedure.



ONE DAY BEFORE PROCEDURE:

Clear liquids such as broth or bouillon, Jell-O, popsicles, and Gatorade (NO red or purple), tea, coffee, clear soft drinks, and water are allowed. NO SOLID FOOD OR MILK PRODUCTS.

Diabetics: *Insulin Pump- Follow Instructions from Endocrinologist*

Oral Diabetic or Insulin Dependent- Take half of your normal dose unless otherwise instructed.

AT 5:00 P.M.


STEP 1 Open 1 flavor enhancing packet and pour the contents into 1 bottle.

STEP 2 Fill the provided bottle with lukewarm water up to the fill line. After capping the bottle, gently shake the bottle until all powder has mixed well (dissolved). For best taste, refrigerate the solution for an hour before drinking. Do not freeze. Use within 24 hours.

STEP 3 Drink 8 ounces of solution every 15 minutes until the bottle is empty.

STEP 4 Drink an additional 16 ounces of water before going to bed.

IMPORTANT: If nausea, bloating, or abdominal cramping occurs, pause or slow the rate of drinking the solution and additional water until symptoms diminish.



Bottles and packets not shown actual size.

CONTINUED ON BACK



Date of Procedure: _____ Arrival Time: _____

☐

DAY OF PROCEDURE: 6 hours before your procedure

- It is recommended to discontinue all forms of tobacco products.
- Take DAY 2, DOSE 2 of SUFLAVE- Repeat Steps 1-4. *must be completed at least 3 hours prior to procedure me.*

☐

DAY OF PROCEDURE (Continues):

- You may have clear liquids gum and hard candy up to 3 hours before your procedure.
- ***Stop drinking 3 hours before your procedure. You are to have NOTHING by mouth. 3 hours prior to your procedure.***

****You should use inhalers, and take heart, blood pressure, seizure, anti-anxiety and respiratory medications (no blood thinners or diabetic medications). You should take these at least 3 hours before your procedure.**

****If you are diabetic, do not take your medications but please bring them with you. You may want to check your blood sugar. Call us for high blood sugars >350. Procedures are canceled for blood sugars of 400 or greater. If you are concerned about your blood sugar dropping, consider purchasing glucose tablets.**

****Do not take heparin or lovenox on the day of procedure.**

****You must have someone to drive you to the facility, remain on the premises and then drive you home.**