

REMINDER

Nothing to
drink 6 hours
prior to your
procedure
time.

SUFLAVE BOWEL PREPARATION - DAY BEFORE AND DAY OF YOUR PROCEDURE

- *Suflave RX has been sent to your pharmacy of choice*

7 DAYS PRIOR TO THE PROCEDURE:

1. If you are taking **blood-thinning medications** (i.e., Coumadin or Plavix), please continue them until you are given instructions from our office regarding when to stop. ****TYLENOL MAY BE TAKEN****
PLEASE DISCONTINUE Iron Supplements
PLEASE DISCONTINUE all GLP-1 medications including but not limited to semaglutides, Mounjaro, Ozempic, Wegovy, Rybelsus, tirzepatides, Mounjaro, Zepbound, Byetta, Bydureon, Victoza, Saxenda, Trulicity
2. If your doctor has prescribed any of the medications listed above, please consult with your doctor before discontinuing.
3. If you are diabetic, check with your primary care doctor regarding diet and medication instructions.

3 days prior to the procedure:

1. **AVOID- Corn, Nuts, popcorn, foods with seeds.**
2. Drink plenty of liquids to be well hydrated. This will be helpful for the tolerance of the colonoscopy prep.

Day before the procedure: SUN MON TUES WED THURS FRI

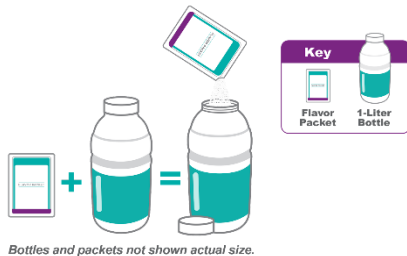
Do not drink alcohol

1. Do not eat any solid food. **ONLY** consume clear liquids.
2. **Dose 1: At 4:00 pm**

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.**

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



3. **CONTINUE** clear liquids throughout the night.
4. If the procedure is **BEFORE 12:00 PM (NOON):** **At 8:00 pm:** Repeat **STEP 1 to STEP 3** from Dose 1

OR

If the procedure is **AFTER 12:00 PM (NOON):** 8 hours prior to your procedure time (day of procedure) – Repeat **STEP 1 to STEP 3** from Dose 1

Day of Procedure:

You will continue a clear liquid diet up until **SIX HOURS** prior to your scheduled procedure time.

Take your usual blood pressure and heart medication prior to fasting period. If you have asthma, please bring your inhalers with you.

Patients with Diabetes: Decrease Insulin dose by 1/3-1/2 on the day of the bowel preparation, and NO Insulin on the day of the procedure. Patients on Oral Diabetes meds: NO Oral Diabetes Meds on the morning of the procedure day.

You will need to be close to a bathroom. You will have progressively looser bowel movements over the next several hours. Individual responses to laxatives vary. This preparation will cause multiple bowel movements. Consider using **Vaseline, Aquaphor or diaper rash cream/ zinc oxide** around the anal opening before starting the prep and after each bowel movement to minimize irritation from passing many bowel movements.

Make arrangements for a responsible adult 18+ or medical transport to drive you home after your colonoscopy. You may **NOT** use a bus, taxi, or a rideshare application such as an Uber, without a responsible adult to accompany you to your home. You are **NOT** to drive for the remainder of the day. Please expect to spend up to **1-1.5 hours** (from check in time) at the facility.

CLEAR LIQUID DIET

Beverages:

Coffee (no cream) Tea
7UP / Sprite/ Ginger Ale
Apple Juice/ White grape juice
Lemon-Lime Gatorade / Crystal Light
Lemonade

Soups:

Bouillon
Fat Free chicken
broth Clear broth

Sweets & Desserts:

Honey
Sugar
Green/Yellow/ White Popsicles
Butterscotch Candy
Hard Candy (Green, Yellow, or Clear)
Jolly Ranchers (Green, Yellow, or Clear)
Jell-o (Plain, Lemon Lime, or Pineapple (no chunks))

NO CHEWING TOBACCO

NO RED, PURPLE, OR BLUE DYES

NO SOLID FOODS

CLEAR LIQUIDS ONLY

No Dairy Products

Deviating from this diet will prevent adequate preparation of the colon for the exam and can result in needing to repeat the procedure at a later date.