

SUFLAVE Bowel Preparation

7 DAYS BEFORE EXAM

Arrange for a ride. You will be given medicine that makes you relaxed and sleepy, so you cannot drive a car. If you arrive without an escort, your procedure may need to be rescheduled.

If you need to reschedule your colonoscopy, please notify our office and the hospital.

Stop taking Iron, Vitamin E, Gingko, Ginger, Aspirin, and Garlic at this time. No Motrin, Ibuprofen, Naproxen or Aleve. You may take Tylenol.

5 DAYS BEFORE EXAM

Stop taking PLAVIX, BRILINTA, PRASUGREL, or CILASTAZOL at this time.

4 DAYS BEFORE EXAM:

Stop taking WARFARIN at this time. If you are unsure what to do, contact the office.

2 DAYS BEFORE EXAM

Stop taking ELIQUIS, XARELTO OR PRADAXA at this time.

Obtain a Bowel Prep Kit from your physician or pharmacy.

IF YOU ARE DIABETIC:

If you are diabetic, watch your blood sugars closely for the next several days. You may need to adjust how you normally take your medications. Check with the office about the adjustments that need to be made. If you are taking diabetic pills, you will take them normally in the morning the day before the exam, but not in the evening. Do not take your diabetic pills the day of the exam. Do not take Byetta or Victoza the day before or the day of the exam. If you take insulin, take your normal dose the morning the day before the exam, but only one-half of your normal doses in the evening or the morning of the exam.

THE DAY BEFORE EXAM:

Drink only *clear liquids* for breakfast, lunch, and dinner. Solid foods, milk, or milk products are not allowed. *Clear liquids* include all of the following that are *not colored red or purple*: strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer), Gatorade, carbonated and noncarbonated soft drinks, Kool-Aide (or other fruit flavored drinks), plain Jello (without added fruit or toppings), and ice Popsicles.

PREP SCHEDULE:

- Breakfast - have only *clear liquids*
- Lunch - have only *clear liquids*
- Dinner - have only *clear liquids*
 - At 4 PM in the evening prior to colonoscopy: Take pouch A and a Disposable Container, add lukewarm water to the fill line of disposable container. Then take Pouch B and to the 2nd Disposable Container, add lukewarm water to the fill line. Shake till mixed and put in Refrigerator. Do Not Freeze.
 - At 5PM: Every 15 min. Drink 8 oz of solution from disposable container A until gone. Drink ALL the liquid in the container. Then, Drink an additional 16 ounces of clear liquid after the original solution is gone.
 - About 5 - 6 hrs before your exam: Every 15 min. Drink 8 oz of solution from disposable container B until gone. Drink ALL the liquid in the container. Then, Drink an additional 16 ounces of clear liquid after the original solution is gone.
 - Be sure to drink plenty of additional clear liquids in between the two bowel preps

DAY OF EXAM

PREP SCHEDULE:

- You may have liquids until 2 hours before the colonoscopy. Do not take red and purple liquids, milk, or alcoholic beverages. You may take your prescription medications (except those listed above).
 - The SUFLAVE Bowel Prep Kit and required water need to be completed at least two hour prior to colonoscopy.
- Arrive at the hospital one hour before your scheduled test.