



Patient Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Procedure Date: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

Physician: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Procedure Location: \_\_\_\_\_

## COLONOSCOPY PREP INSTRUCTIONS WITH SUFLAVE

### **THE WEEK BEFORE YOUR PROCEDURE**

- Confirm your transportation to and from your procedure.
- Do NOT schedule activities or work on the day of your procedure.
- Stop taking supplements, iron, vitamin E, and fish oil.
- **Stop eating seeds, nuts, and popcorn.**
- **If you have a history of constipation or a failed bowel prep, take a capful of Miralax every night for 7 days prior.**

### **THE DOSE 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.

### **DOSE 1 – Day Prior to Colonoscopy**

**YOU SHOULD HAVE CLEAR LIQUIDS ONLY.**

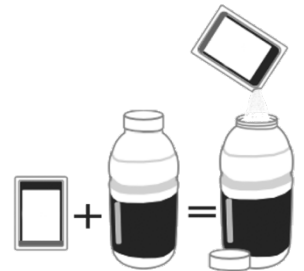
**NO SOLID FOOD THE DAY BEFORE YOUR PROCEDURE.**

**STEP 1:** At 5:00 p.m., open 1 flavor enhancing packet and pour the contents into one 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 the 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 during the evening.



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

### **DOSE 2 – Day of Colonoscopy**

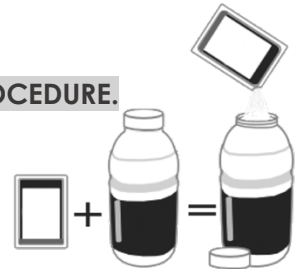
**NO SOLID FOOD UNTIL AFTER YOUR PROCEDURE.**

**CONTINUE TO CONSUME ONLY CLEAR LIQUIDS UNTIL 3 HOURS BEFORE YOUR PROCEDURE.**

Start Dose 2 at \_\_\_\_\_ A.M. (*5 hours prior to your procedure*).

**STEP 1:** Repeat **STEP 1** to **STEP 3** from the Dose 1 instructions.

**STEP 2:** Drink an additional 16 ounces of water during the morning within an hour after finishing the second preparation bottle.



**IMPORTANT: YOU MUST COMPLETE ALL LIQUIDS 3 HOURS BEFORE YOUR COLONOSCOPY AND BE COMPLETELY FASTING.**



## TRANSPORTATION

Patients cannot drive a vehicle for the remainder of the day after having sedation. A responsible adult must be with you to drive you home or accompany you if using any ride service.

## CANCELLATION

Cancellations less than 72 hours in advance will be subject to a \$200 no-show fee.

## WHAT YOU CANNOT DO THE DAY BEFORE AND THE DAY OF YOUR PROCEDURE

- Do not drink milk or smoothies.
- Do not eat or drink anything colored red, blue, or purple.
- Do not drink alcohol.

## LIQUIDS THAT ARE OK TO DRINK

- Coffee and tea (no cream or non-dairy creamer)
- Fruit juices (without pulp)
- Gelatin desserts (no fruit or topping)
- Water
- Lemonade, Gatorade, Crystal Light
- Chicken, beef, fish, or vegetable broth

## NOTES

- Be sure to tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Your prep may affect how other medicines work.
- Medication taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of your prep. Wait 2 hours after finishing your prep dose.
- The most common adverse reactions after administration of your prep is nausea, abdominal distension, vomiting, abdominal pain, and headache. Contact our office if you experience symptoms like severe vomiting, irregular heartbeats, or dizziness.
- If nausea, bloating, or abdominal cramping occurs, pause or slow the rate of drinking the solution and additional water until symptoms diminish.
- Patients who use an inhaler should bring it with them to their procedure.

**If any of the following circumstances pertain to you since your procedure was scheduled, contact your doctor before starting your prep:**

- Been diagnosed with a new medical condition.
- Started taking new medications.
- Been hospitalized or visited the emergency room.
- Have upcoming appointments or tests with a cardiologist or pulmonologist.
- Experiencing respiratory symptoms, new chest pain or difficulty breathing.
- If you have flu-like symptoms such as fever, cough, or congestion.

## SPECIAL INSTRUCTIONS FROM YOUR HEALTHCARE PROVIDER

**BLOOD PRESSURE:** If you take medication in the morning, take it with a small sip of water no later than 3 hours before your procedure.

**DIABETICS:** If you take oral medications, do not take the morning of your procedure. If you take insulin, do not take it the morning of your procedure, but bring it with you. If you take a GLP-1 agonist (Ozempic, Wegovy, Trulicity, Victoza, Rybelus, Semaglutide) it needs to be held for one week if you take it weekly, and one day if you take it daily. Contact your prescriber for specific advice on how to manage your blood sugar while you are holding this medication.

**PRESCRIPTION WEIGHT LOSS MEDICATION:** Phentermine must be held for 7 days prior due to the risk of severe anesthesia complications. Patients on a GLP-1 agonist (Ozempic, Wegovy, Trulicity, Victoza, Rybelus, Semaglutide) need to hold it one week if you take it weekly, and one day if you take it daily.

**PRESCRIPTION BLOOD THINNER:** Blood thinners may need to be temporarily discontinued prior to your procedure. The length of time you will need to stop your medication depends upon which drug you are taking. If you are on a blood thinner, you should consult with your prescribing doctor about whether you should continue or discontinue these medications. Do not stop these medications without first talking to your doctor. You will restart these medicines after the procedure, unless otherwise directed by your doctor.

## IMPORTANT

- You must carefully follow the directions about stopping drinking. Three hours before your procedure you should have nothing by mouth (no gum, no hard candy, no oral tobacco).
- Do not smoke or vape 24 hours prior to your procedure.
- Using marijuana/cannabis (even if medically prescribed) or any other recreational drugs the day of your procedure can increase the risk of anesthesia complications.