

COLONOSCOPY PREPARATION INSTRUCTIONS

Please read this entire document to ensure your SuFlave (PPC) bowel preparation is correctly performed

STEP 1

7-10 DAYS BEFORE PROCEDURE

DO

- Ensure you have received your **Prep Package** from **Gift Health** or Rx sent to your pharmacy
- All of your prep supplies and instructions will be provided. Follow the instructions provided. You should have received:
 - **SuFlave Bowel Prep**
 - **MIRALAX - 12 capfuls total (17g per capful)**

DON'T

- Inject your weekly GLP-1
- Eat high fiber foods/roughage. You will be on a **Low Residue Diet** for 6 days up until the day before your procedure
- Avoid nuts and seeds
- Take your **PRESCRIBED BLOOD THINNER**. You will have been given instructions on when to hold this medication prior to your procedure. **If you have not been given specific instructions, please immediately call us at (530) 246-7000**

STEP 2

7 DAYS BEFORE PROCEDURE

DO

- Follow a **Low Residue Diet** (See handout)
- Confirm you have a driver on procedure day
- For the next 6 days AFTER LUNCH:**
 - Mix 2 capfuls of **MIRALAX** (34g) in any 8 to 16 oz of water, gatorade or plain juice

STEP 3

1 DAY BEFORE PROCEDURE

DO

Start a **Clear Liquid Diet** in the morning and continue until 3 hours prior to your procedure. If you are on any diabetic meds please refer to the **Diabetic Med Guide** provided in your Prep Package or found on our website www.reddingendoscopy.com

DON'T

Eat Solid Food or drink Dairy Products, Alcohol, Red/Purple Colored Products

SUFLAVE® INSTRUCTIONS

STEP 1: SUFLAVE is a split-dose regimen. You will drink Dose 1 today and Dose 2 five hours before your procedure

- Fill each plastic container that comes with the kit with lukewarm water. (There is a fill line)
- Empty contents of **one packet** into each container, recap and shake to dissolve.
- Chill in the refrigerator until ready to use.

STEP 2: At 5:00pm begin with dose 1 container, drinking 8oz of solution every 15 minutes until gone. An hour later drink an additional 16oz of water.

If nausea, bloating, or cramping occurs, pause and drink more water until symptoms diminish. Finish all of the solution over the next 2 hours.

****YOU MAY DRINK CLEAR LIQUIDS UP UNTIL 3 HOURS BEFORE YOUR PROCEDURE****

STEP 4

DAY OF PROCEDURE

DO

Take your regular morning medications with small sips of water. **ESPECIALLY your BLOOD PRESSURE MEDS**

Refer to the **Diabetic Med Guide**

DON'T

Eat Solid Food or drink Dairy Products, Alcohol, Red/Purple Colored Products

5 HOURS BEFORE Arrival:

- Finish your prep by drinking **dose 2** of your **SUFLAVE** mixture (repeat Step 2 above), followed by 16 oz of water. **Your bowel movements should be: liquid and clear/yellow or urine-like**

3 HOURS BEFORE Arrival:

- STOP ALL LIQUIDS
- NO gum, mints, hard candy, marijuana, cigarettes, chewing tobacco

If you have any preparation issues or questions, contact the Procedure Center at 530-246-7000