

# COLONOSCOPY PREPARATION INSTRUCTIONS

Please read this entire document to ensure your **SUFLAVE** bowel preparation is correctly performed.

## STEP 1

### 7 DAYS BEFORE PROCEDURE

#### DO

- Ensure you have received your **Prep Package** from **Gift Health** or Rx from your pharmacy
- All of your prep supplies and instructions will be provided. Follow the instructions provided by us. You should have received:
  - **SUFLAVE BOWEL PREP**
  - **MIRALAX**

#### DON'T

- Inject your weekly GLP-1
- 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

### 3 DAYS BEFORE PROCEDURE

#### DO

- After lunch:** Mix 2 capfuls of **MIRALAX** (34g) in any 8 to 16 oz of water, gatorade or plain juice. **You will repeat this step for the next 2 days after lunch**
- Confirm you have a driver for your procedure day

#### DON'T

- Eat high fiber foods/roughage (You will be on a **Low Residue diet** today and transition to a **Soft Diet tomorrow**)
- Eat nuts and seeds

## 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

#### 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**