

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

**REDDING
ENDOSCOPY
CENTER**