

# **SUFLAVE BOWEL PREP FOR COLONOSCOPY**

**Your procedure is scheduled for:**

Date: \_\_\_\_\_ Place: \_\_\_\_\_

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

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

**Fill your prescription at the pharmacy. We also recommend purchasing simethicone (“Gas-X”) over the counter. Capsules, liquid, or chewable tablets are all OK.**

**Three days before the procedure, begin a LOW RESIDUE DIET (see low residue diet instructions)**

## **One Day Before the Procedure:**

1. Do not eat anything solid. Follow the clear liquid diet instructions.
2. Drink only clear liquids (no red or purple dye.) Clear liquids include: water, black coffee, tea, apple juice, white grape juice, soda, Jell-O, popsicles, broth, and Gatorade or other sport drinks.
  - DO NOT drink milk or non-dairy creamer.
  - DO NOT eat or drink anything red or purple.
  - DO NOT drink alcoholic beverages.

## **Evening Before Procedure at 5pm:**

1. Take 2 Gas-X.
2. Pour 1 flavor enhancing packet into (1) of the 1-liter bottles.
3. Fill bottle with lukewarm water up to fill line. Gently shake to mix the contents until powder has dissolved.
4. Refrigerate the solution 1 hour before drinking. Do NOT freeze. Use within 24 hours.
5. Drink 8 ounces of solution every 15 minutes until the bottle is empty.
6. Drink an additional 16 ounces of water during the evening.

## **Day of the Procedure**

1. Do not eat.
2. Routine medications may be taken with a sip of water.
3. 5 – 8 hours before your scheduled procedure time, repeat steps 2-6 from the evening before
4. Stop drinking liquids 2 hours prior to colonoscopy.

## **Important:**

1. You will not be able to drive after your procedure. You will need a driver to stay during your procedure and to drive you home afterward.
2. Avoid iron supplements for 1 week before the procedure.
3. If you take aspirin for heart protection, DO NOT stop taking it.
4. If you normally take medication in the morning for high blood pressure or seizures, please take it as usual at least 2 hours before the procedure.
5. So that appropriate adjustments can be made, please notify your doctor at least one week before the procedure if you take warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.

**Please call the office during regular business hours for any questions.**

**918-438-7050, M-Thurs 8:00am – 4:30pm, Friday 8:00am-3:00pm**