

# **SUFLAVE BOWEL PREP FOR COLONOSCOPY**

Your procedure is scheduled for:

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

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

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

## **Fill your prescription at the pharmacy.**

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

**Avoid seeds, nuts, corn, and popcorn.**

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

1. Do not eat anything solid. Follow the clear liquid diet instructions.
2. Drink only clear liquids. 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.
3. Pour 1 flavor enhancing packet into each of the 1-liter bottles.
4. Fill both bottles with water up to fill line. Gently shake to mix the contents until powder has dissolved.
5. Refrigerate the solution before drinking. Do NOT freeze.

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

1. Drink 8 ounces of solution every 15 minutes until the first bottle is empty.
2. Drink an additional 16 ounces of water during the evening.

## **Day of the Procedure**

1. Do not eat anything. You may have clear liquids until 2 hours before your arrival time.
2. Routine medications may be taken with a sip of water.
3. 4-6 hours before your scheduled procedure time, repeat steps from the evening before. Drink the other bottle of Suflave, followed by 16 more ounces of water.
4. Stop drinking liquids 2 hours prior to your arrival time.

## **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, other blood thinners, or GLP-1 medicines.

**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**