Colonoscopy Bowel Prep Instructions - SuFlave

Procedure Date / Start Time ______________
Your ARRIVAL Time ______________

Planning for the Procedure:
- You will need a driver to take you home. You may not drive at all on the day your procedure is performed. We will not sedate you unless we have the name/phone # of the person who is taking you home.
- Your entire visit at our office on the day of your procedure may last up to 3 to 4 hours. Please advise your driver that they must remain in the unit or nearby during your entire visit.
- If you wear dentures -- for safety reasons, you will be expected to remove them before your procedure.
- Dress comfortably in clothes that can be easily removed/folded.
- If you have not received your bowel prep materials (laxative kit), or if you must cancel/reschedule your appointment, please call our office at 865-588-5121.

Supplies needed:
- Your SuFlave prep kit will be mailed to you by GiftHealth Specialty Pharmacy.

DRINKING THE PREP – Follow the instructions exactly as written to ensure a successful procedure.

7 days before your colonoscopy:
- If you take aspirin (325 mg or less) or NSAIDs (Advil, Aleve, Motrin, Mobic or ibuprofen), you may continue to take them as usual.
- If you take a blood thinner or high dose aspirin (greater than 325 mg), see attached sheet for instructions. Check with your doctor to be sure it is safe to hold your medication.
- Stop taking iron supplements and multivitamins that contain either iron or Vitamin E.

3 days before your colonoscopy:
- Stop eating popcorn, corn, seeds, nuts, beans, fruits with small seeds, and celery.
- If you take oral meds for diabetes, contact your doctor to see if your dose needs to be adjusted on the day before your procedure.

1 day before your colonoscopy:
- Begin a clear liquid diet (see table below). No solid food is allowed on this day. Drink at least 8 glasses of water from 8 AM-4 PM.
- At 4 PM, prepare each bottle of SuFlave by adding a flavor enhancing packet and lukewarm water up to the fill mark on each bottle. Gently shake both bottles until powder is dissolved, and then refrigerate both bottles. DO NOT FREEZE.
- At 5 PM, take the 1st bottle out of the refrigerator and drink 8 ounces of the solution every 15 minutes until it is finished. Follow this by drinking 1 additional glass of water (16 ounces) over the next 2 hours. If nausea or bloating occur, slow down your pace of drinking.

Day of your colonoscopy:
- Four (4) hours before your procedure start time, take the 2nd bottle of SuFlave out of refrigerator and begin drinking. As with the prior dose, drink 8 ounces of solution every 15 minutes until entire bottle is finished. Drink the entire mixture. Follow this by drinking a 16 ounce glass of water over the next 1 hour.
- Two (2) hours before your procedure start time, you may take your morning meds with 1-2 sips of water. DO NOT drink anything else. DO NOT chew gum or eat hard candy. DO NOT use any form of tobacco (cigarettes, chew, dip). DO NOT wear any perfume or cologne. If you have asthma, bring your inhalers. If you take injectable insulin, bring it with you.

Additional helpful tips:
1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. If you have vomiting with the prep, give yourself a 30-minute break, rinse your mouth or brush your teeth, then resume drinking the prep.
3. Anal skin irritation or hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter remedies, such as hydrocortisone cream, baby wipes, Vaseline, Desitin, or TUCKS pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.