

# Colonoscopy Bowel Prep Instructions - SuFlave

Procedure Date / Start Time \_\_\_\_\_

Your ARRIVAL Time \_\_\_\_\_

Procedure Location

Main Office (Dowell Springs Blvd)

North Office (Delozier Way)

West Office (Parkside Dr)

## 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 1<sup>st</sup> 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.

### **Clear liquids which are allowed:**

Gatorade, Pedialyte, or Powerade  
Coffee or tea (No milk or non-dairy creamer)  
Carbonated and non-carbonated soft drinks  
Kool-Aid or other fruit-flavored drinks  
Apple juice, white cranberry juice, or white grape juice  
Jell-O, popsicles, clear broth

### **Non-clear liquids – NOT allowed:**

Red or purple items of any kind  
Alcohol  
Milk or non-dairy creamers  
Juice with pulp  
Any liquid you cannot see through

## Day of your colonoscopy:

- **Four (4) hours** before your procedure start time, take the 2<sup>nd</sup> 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.