

Suflave Bowel Prep - Split Dose (2 day) Regimen

Instructions for Colonoscopy Prep

READ INSTRUCTIONS CAREFULLY - AT LEAST 5 DAYS PRIOR TO PROCEDURE
DO NOT EXCEED RECOMMENDED DOSE AS SERIOUS SIDE EFFECTS MAY OCCUR

Your physician will provide you with a prescription and you will need to obtain your SUFLAVE kit from your pharmacy.

Note: Individual responses to laxatives vary. This prep should cause multiple bowel movements. It often works within 30 minutes but may take up to 3 hours. **Please remain within easy reach of a toilet.**

MANUFACTURERS INSTRUCTIONS MAY DIFFER, PLEASE FOLLOW THE INSTRUCTIONS BELOW.

» Multiple bowel movements may irritate the anal areas, clean thoroughly after each bowel movement to reduce irritation. A diaper rash ointment may be used, if desired. However, do not wear ointment to appointment.

» **Contact Kayla, at physician's office, if you take prescription blood thinners at home.**

» Discontinue any fiber supplements (Metamucil, Fibercon, etc.) at least five (5) days prior to your procedure.

» If you take narcotics, or suffer from chronic constipation, please take Miralax twice a day for five days prior to your procedure. Do not take iron supplements for three days prior to colonoscopy.

» If you are diabetic, consult with prescribing physician to determine if you need to alter your diabetic medication.

DAY BEFORE COLONOSCOPY

1) Drink only "clear liquids" this entire day. **Solid foods, milk or milk products are not allowed.**

Consume at least 2 liters of clear liquids in addition to prep. Clear liquids include, but are not limited to:

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| » Slush, Icee, popsicle (no red colors) | » Water |
| » Clear broth, bouillon or clear soup (no noodles) | » Coffee, tea (no creamer or milk) |
| » Gatorade, Kool-Aid, other fruit flavored drinks (no reds) | » Carbonated & non-carbonated sodas |
| » Strained fruit juices without pulp (apple, white grape, lemonade) | » <u>Clear</u> Ensure |
| » Plain jello (no reds) without fruit or toppings | » Ice |

2) You may take your usual medications, except blood thinners. Avoid taking your oral medications within 1 hour of starting each dose of SUFLAVE. If taking antibiotics, digoxin, chlorpromazine or penicillamine, take at least 2 hours before and not less than 6 hours after administration of each dose.

3) **DAY 1, DOSE 1: Start at 5:00 PM**

Step One: Open 1 flavor packet and pour the contents into 1 bottle.

Step Two: Fill the provided container with lukewarm water up to the fill line.

After capping the bottle, gently shake the bottle until all powder has mixed well (dissolved). For best taste, refrigerate the solution for an hour before drinking. Do not freeze. Use within 24 hours. (You can prepare the morning dose at the same time as the evening dose and keep refrigerated.)

Step Three: Drink 8 ounces of solution every 15 minutes until the bottle is empty.

Step Four: Drink an additional 16 ounces of water during the evening.



Important: if you experience preparation related symptoms (nausea, bloating or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.

DAY OF EXAMINATION

1) **DAY 2 DOSE 2:**

The morning of the colonoscopy (5 to 8 hours prior to the colonoscopy and no sooner than 4 hours from starting dose 1), continue steps below:

Step One: Repeat step 1 to step 3 from day Day, Dose 1 (above).

Step Two: Drink an additional 16 ounces of water during the morning.

IMPORTANT: You must consume only clear liquids until colonoscopy. Have all steps completed and stop drinking liquids at least 2 hours prior to leaving for your colonoscopy.

After finishing prep, do not drink anything else prior to your examination. If you have an early morning procedure or a long drive, give yourself plenty of time to finish your prep.

3) **If you normally take heart and/or blood pressure medications in the morning, take those before leaving your house for your procedure. Do NOT take diuretics.**

4) Arrive at your scheduled time. The average length of stay is approximately 2 hours.

Note: The laxative prep is intended to evacuate your colon. Ideally, your bowel movements prior to leaving for your procedure should be fairly clear. You should be able to see the bottom of the toilet. Mucous, sediment and color tint are normal. If bowel movements are dark or have substance, please give yourself one or two Fleets® enemas or call office for additional instructions.