

Gastroenterology & Nutrition, PC

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COLONOSCOPY PREPARATION WITH SUFLAVE

THE DAY BEFORE THE PROCEDURE:

1. In the morning, prepare your two bottles of **SUFLAVE** according to the instructions on the package and refrigerate (you can add flavor packets as desired).
2. Beginning with breakfast your meals will consist of **only** liquids (you may have some dairy for breakfast). Liquids include: coffee, tea, clear fruit juices (apple, white grape or white cranberry), broth, gelatin deserts (non-red Jell-O) or popsicles.
3. Drink plenty of plain water throughout the day.
4. You may continue with liquids (broth or bouillon cubes) for your lunch and dinner. **Foods to avoid:** meat, fish, pasta, dairy (after breakfast), cereals, fruits or vegetables, vegetable juices, breads, fiber or any other solid food.
5. At _____ **the day before your procedure** you will start taking the first bottle of your pre-made solution. We recommend that you take an 8 oz glass of the solution every 15 min until the bottle is empty. Drink an additional 16 oz of water. You should develop watery bowel movements right after and until several hours after taking the solution.
6. At _____ **the day before/the day of the procedure** you will start taking the second bottle of the pre-made solution until the bottle is empty, 8 oz glass of the solution every 15 min. Drink an additional 16 oz of water.
7. You may continue consuming plain water or tea (without milk) if needed before you go to sleep.
8. Very Important: **DO NOT** eat or drink anything (except the SUFLAVE solution, if indicated) after midnight before the procedure. Stop drinking liquids at least 2 hours prior to colonoscopy. For use of your medications see the medication instruction section.

THE DAY OF THE PROCEDURE:

1. Do not eat or drink anything and do not chew any gum until after you examination (see medication section)
2. Report to the procedure center at your scheduled time.
3. You must be accompanied by a friend or a family member to drive you and if needed to assist you at home

Pre Endoscopic Medication Instructions for Patients

For patients with Diabetes:

1. Hold all diabetic medications on the day of the procedure.
2. **Please hold Invokana, Farxiga, Jardiance or Steglatro for 3 days prior to procedure.**
3. **Please hold Ozempic, Wegovy, or Mounjaro, for 1 week prior to procedure.**
4. If you use long-acting insulin (Lantus, NPH insulin, Humulin N or Humulin 70/30), please use half of your scheduled dose in the evening before the procedure. This will reduce the risk of having very high blood sugar on the day of your procedure even if you are not eating.
5. Hold all short acting insulin (Humalog, Humulin R)
6. If you are experiencing low blood sugar and/or having symptoms of low blood sugar (ie: confusion, sweating, shaking, light headedness) consider holding your AM insulin dose instead of splitting the dose in half. Treat your low blood sugar with either clear juice (apple juice) or a sugar candy.

For patients taking other oral medications regularly:

1. ***You may take your oral (pill) medications on the morning of the procedure with a few sips of water only*** (ie: blood pressure, seizure medications). It is important not to have anything else to eat or drink on the morning of the procedure. This might delay your scheduled procedure or it might be cancelled all together. Try to take your morning medications early (around 6:00am).
2. If you have any questions about these instructions feel free to contact the ambulatory care triage nurse staff or our office if you have further questions or concerns.

For patients taking Xarelto, Eliquis, Pradaxa, Coumadin, or Plavix:

1. Hold Plavix for 5 days prior to your procedure, unless your physician instructs you to do otherwise. Please contact your Cardiologist/PCP if you have concerns about holding this medication.
2. **Please hold Xarelto, Eliquis or Pradaxa at least 2 days prior to your procedure, or as per your Physician/ Cardiologist instructions. Please hold Coumadin for at least 3-5 days prior to your procedure. Please contact your Cardiologist/Physician if you have concerns about holding these medications**
3. Please hold NSAID medications, which includes Ibuprophen, Motrin, Alieve, Naproxen or combination medications which include these medications 3 days prior to your scheduled procedure.

For patients taking Iron pills/supplements:

Please hold Iron supplements for 5-7 days prior to your procedure.