

Patient: \_\_\_\_\_ Doctor: \_\_\_\_\_

Date of procedure: \_\_\_\_\_ Time to report: \_\_\_\_\_

<b>Location: Endoscopy Center, 1st Floor</b>	<b>Chilton Hospital Access Center</b>	<b>Wayne Surgical Center</b>
<b>1825 Rt 23 S Wayne, NJ</b>	<b>97 W Parkway Pompton Plains, NJ</b>	<b>1176 Hamburg Tpke Wayne, NJ</b>
<b>973-996-4009</b>	<b>973-831-5115</b>	<b>973-709-1900</b>

Diabetes:  Blood Thinner:(see below\*):  Pacemaker:  Defibrillator:  Latex allergy:

**DIET:** No iron supplement, seeds, nuts, quinoa, corn, popcorn, tomatoes, cucumbers or salad for three days before the procedure.

**PREPARATION: \*\*IMPORTANT- Please make sure to follow our instructions, not those on box.**

Please obtain *One SUFLAVE boxed kit* from your pharmacy at least a few days before the procedure.

**ON THE DAY BEFORE THE PROCEDURE:**

1. **Before 11 am.** You may have a light breakfast.
  2. **After 11 a.m.** Only clear liquids can be consumed. Clear liquids include the following:  
 Water    Clear juices (apple, white grape)    Italian ices    Bouillon  
 Tea    Jell-O    7-Up, ginger ale, seltzer    Coffee    Gatorade
  3. **At 4 p.m.** Open 1 prep and pour it into 1 bottle. Fill the bottle with lukewarm water up to the fill line. Replace the cap and gently shake until all the powder has dissolved. Refrigerate the bottle for 1 hour before drinking for best taste
  4. **At 5 p.m.** Drink 8 ounces of the solution every 15 minutes until the bottle is empty.
  5. Make sure to drink an additional 16 ounces of clear liquids during the evening.
- Feelings of bloating, nausea or chills are common after the first few glasses. This is temporary and will decrease once bowel movements begin. If the nausea worsens, stop drinking the solution for 30 minutes, then resume drinking every 15 minutes as before.*

Clear liquids may be continued following the preparation.

**ON THE DAY OF THE PROCEDURE:**

If you take **blood pressure pills, pills for your heart, seizure medications or Parkinson’s medications**, take them as usual with small sips of water.

1. **Six** hours prior to the procedure, repeat the above instructions number 3, 4 and 5.
  2. **You MUST FINISH drinking all liquids and water at least 4 hours prior to your scheduled arrival time or your procedure will be delayed. DO NOT CONSUME ANYTHING ELSE BY MOUTH-NOT EVEN WATER. Do not smoke marijuana or vape within 24 hours of the procedure. No gum chewing the morning of the procedure.**
- **Do not bring valuables such as jewelry with you. The Endoscopy Facility cannot be responsible for your belongings.**
  - **After the procedure you must not drive, work or do anything that could result in injury.**
  - **You must have a friend or family member drive you home. No ride share services such as Uber/Lyft are allowed. Pick up will be approximately 1 ½ hours after you are dropped off.**

**\* SPECIFIC MEDICATIONS:**

**Blood thinners:** If you take **Coumadin, Pradaxa, Eliquis, Xarelto, Effient, Plavix, Ticlid or other blood thinners/ anticoagulants** make sure you have discussed this with your physician.

**GLP-1 agonists** such as **Ozempic, Wegovy, Trulicity and Mounjaro.** Make sure you have specifically discussed these medications with your physician or your procedure may be cancelled.