

# SUFLAVE

\*\*\*Follow the instructions on this paper, do NOT follow the instructions on the SuFlave Box\*\*\*

7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p><b>Supplies</b></p> <ul style="list-style-type: none"> <li>SUFLAVE Bowel prep prescription and Ondansetron (Zofran) prescription will be sent to: Gifthealth Pharmacy: (833) 614-4428</li> <li>Purchase Gas-X (Simethicone) tablets at your local pharmacy. The pink cherry flavor tablets are approved for use during prep.</li> </ul>	<p><b>STOP</b> Consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> <li>NO Raw Vegetables</li> <li>NO Corn (Raw or Cooked)</li> <li>NO Whole Wheat or High Fiber Breads</li> <li>NO Nuts or Popcorn</li> <li>NO Bran or Bulking Agents</li> </ul> <p>Confirm that you have a driver for the day of the procedure.</p> <p><b>A Taxi, Bus, Lyft or UBER are NOT allowed unless you are accompanied by a friend or family member. This is for your own safety.</b></p> <p>Review paperwork and sign the Multi-Authorization and Notice of Privacy Practices.</p> <p><b>PLEASE ARRANGE FOR A DRIVER FOR THE DAY OF THE PROCEDURE.</b></p>	<p><b>NO SOLID FOOD NO ALCOHOL CLEAR LIQUIDS ALL DAY AVOID ANYTHING RED OR PURPLE IN COLOR. NO MILK PRODUCTS OR NON-DAIRY CREAMER.</b></p> <p>(Please see attached list of approved clear liquids).</p> <p><b>Diabetics:</b> Do not take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA.</p> <p>Take ½ your regular insulin dose.</p> <p>Prepare your prep solution in the morning. Fill each plastic container that comes with the kit with lukewarm water. (There is a fill line on the container)</p> <p><b>Step 1:</b> At 3:00 pm take 2 ondansetron (Zofran).</p> <p><b>Step 2:</b> At 5:00pm begin with dose 1 container, drinking 8 oz of solution until gone.</p> <ul style="list-style-type: none"> <li>30-60 minutes after drinking solution, drink an additional 16 oz of water.</li> </ul> <p>If nausea, bloating or cramping occurs pause and drink more water until symptoms diminish.</p> <ul style="list-style-type: none"> <li>Take one (1) Gas X Tablet.</li> </ul> <p>You don't need to drink all the water at once, but it's important to finish over the next couple hours.</p> <p><b>YOU MAY CONTINUE CLEAR LIQUIDS THROUGHOUT THE REST OF THE EVENING AND NIGHT.</b></p>	<p><b>NO SOLID FOOD NO ALCOHOL</b></p> <p><b>DIABETICS: DO NOT</b> take oral medication. If you are insulin dependent <b>DO NOT</b> take your morning dose of insulin. You must check your blood sugar level before leaving home.</p> <p>**If your level is <b>above 300</b>, please take your regular insulin dose according to your sliding scale. Please bring insulin to the procedure center.</p> <p>You may take your morning meds with a sip of water (<b>EXCLUDING</b> Oral Diabetic meds unless instructed by your doctor.)</p> <p>At _____ (5 hours before your scheduled procedure time) you will:</p> <p>Repeat <b>STEP 2</b> for the second part of your SUFLAVE Bowel Prep.</p> <p>After completing <b>Step 2</b>, you will take two (2) Gas X tablets.</p> <p>You may continue with clear liquids until 2 HOURS prior to your procedure.</p> <p><b>STOP ALL LIQUIDS 2 HOURS PRIOR TO PROCEDURE.</b></p> <p>** Failing to do so may result in the cancellation of your procedure. **</p> <p>NO gum, mints, hard candy, or tobacco products in these 2 hours.</p> <p>If you are unsure of your colon cleansing instructions, please call:</p> <p>Akron Digestive Disease Consultants: 330-869-0124 The Gastroenterology Group 330-869-0954</p>




A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is IMPORTANT. It does cause diarrhea and possibly abdominal cramping.

## CLEAR LIQUIDS NO RED or PURPLE

Must be something you can see through 






- Gatorade or PowerAde
- Clear broth or bouillon  chicken or beef
- Coffee or Tea (*no milk or non-dairy creamer*)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices (*no pulp*)
- Jell-O, Popsicles, or Italian Ice

DON'T FORGET - these foods are **NOT ALLOWED!**



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice
- Creamed Soups or any soup other than broth
- Oatmeal
- Cream of Wheat

## Colon Cleansing Tips

- ➡ You may use over the counter hydrocortisone creams, tucks pads or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- ➡ Chill the solution in refrigerator or by placing in a bowl of ice. DO NOT add ice to the solution.
- ➡ Stay near the toilet! You will have diarrhea, which can be quite sudden  this is normal!
- ➡ If you experience nausea or vomiting, rinse your mouth with water and take a break  Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- ➡ It is common to experience abdominal discomfort until the stool has flushed from your colon.
- ➡ Some find it easier to drink through a straw.
- ➡ Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.
- ➡ If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- ➡ **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID  YOU MUST COMPLETE ALL STEPS OF THE PREP!**

## THINGS TO BRING WITH YOU!

- ✓ A RESPONSIBLE DRIVER
- ✓ YOUR INSURANCE CARDS
- ✓ A PHOTO ID
- ✓ SIGNED PAPERWORK FOR FACILITY