

SUFLAVE

Follow the instructions on this paper DO NOT FOLLOW THE INSTRUCTIONS ON THE SUFLAVE BOX

PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED

7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p>Supplies</p> <ul style="list-style-type: none"> SUFLAVE Bowel Prep Kit- Prescription sent to Gifthealth pharmacy (Please call 833-614-4438 to coordinate receiving your prep if you have not already). *A prescription for Ondansetron will be sent in also. Purchase Gas-X tablets (Simethicone). The cherry flavor, pink tablets are approved to use during the prep. <p>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban) or Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p>STOP all fiber supplements or medications containing iron 7 days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel, and Fibercon.</p> <p>Arrange for a driver on the day of your procedure.</p>	<p>STOP consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> NO raw vegetables NO corn (raw or cooked) NO whole wheat or high fiber breads NO nuts or popcorn NO bran or bulking agents <p>Confirm that you have a driver for the day of the procedure. A taxi, bus, or Uber are NOT allowed unless you are accompanied by a family member or friend.</p> <p>Review paperwork and sign</p> <ul style="list-style-type: none"> Multi-authorization Notice of Privacy Practices 	<p>NO SOLID FOOD NO ALCOHOL Clear liquids ALL DAY</p> <p>AVOID anything red or purple in color. NO milk products or non-dairy creamer. SEE ATTACHED LIST OF CLEAR LIQUIDS</p> <p>DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA Take ½ of your regular insulin dose</p> <hr/> <p>ONE DAY PRIOR</p> <p>*At 3:00 PM take two Ondansetron tablets*</p> <ul style="list-style-type: none"> STEP 1: Prepare your prep solution in the morning! Fill each plastic container that comes with the kit with lukewarm water (there is a line on the container). Empty contents of 1 packet in each container, recap and shake to dissolve well and chill until ready to use. STEP 2: AT 5 PM begin with Dose 1 container, drinking 8 ounces of solution every 15 minutes until gone. 30-60 minutes after drinking solution, drink an additional 16 ounces of water. If nausea, bloating, or cramping occur, pause and drink more water until symptoms diminish. Take one Gas-X tablet Note: We are all different, some people will have a rapid response with bowel movements shortly after beginning the preparation while others will take longer. <ul style="list-style-type: none"> You may continue clear liquids 	<p>NO SOLID FOOD NO ALCOHOL</p> <p>DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA</p> <ul style="list-style-type: none"> - If you are Insulin dependent, do not take your morning dose of insulin. - You must check your blood sugar before leaving home. If your level is above 300, please take your Regular insulin according to your sliding scale. - Please bring your insulin with you to the procedure center. <p>All patients may take morning medications with sips of water.</p> <ul style="list-style-type: none"> At _____ (5 hours before your procedure) but NO SOONER than 4 hours from taking Dose 1, begin Dose 2. Drink 8 ounces every 15 minutes until gone. Continue to consume CLEAR liquids only up to 4 hours before your procedure time! At _____ (4 hours before your procedure) Take 2 Gas-X tablets. STOP drinking all fluids! It is important to have completed all these steps at least 4 hours before your colonoscopy. <p><i>Drinking liquids within these 4 hours will cause us to cancel or postpone your procedure. **Also, no gum, hard candy, mints, and tobacco products in these 4 hours.</i></p> <p>If you are unsure of your colon cleansing, please call Akron Digestive Disease Consultants, Inc. 3308690124 or The Gastroenterology Group 3308690954</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 DRINK ALL OF THE PREP!**

THINGS TO BRING WITH YOU!

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