

Please read and follow these instructions carefully. The colonoscopy cannot be completed if your colon is not clean and you will be rescheduled.

- ✓ Please pick up SUFLAVE from your pharmacy as soon as they fill your prescription.
- ✓ Take this prep exactly as instructed.
- ✓ Remember to drink plenty of fluids.
- ✓ Read the 'General Guidelines of a Colonoscopy' Page.

Remember to have clear liquids the entire day before the procedure. This prep often works within 30 minutes but may take as long as 3 hours, so you will want to remain close to a restroom as multiple bowel movements may occur.

DAY PRIOR TO YOUR COLONOSCOPY:

Restrict your diet to **CLEAR LIQUIDS ONLY**. No solid food until after the procedure and stay hydrated.

The Clear Liquid Diet:

- ✓ Clear liquids are any liquid food/beverage you can **see through**. This includes fruit juices (apple, white grape, white cranberry, etc.), Sprite, 7-up, Ginger Ale, water, Jell-O, clear broth or bouillon, tea, black coffee, popsicles, and various sports drinks.
- ✓ **DO NOT DRINK** milk or use any dairy or non-dairy creamer in your coffee or tea.
- ✓ **DO NOT** have any items with **RED DYE!!!** (Red Jell-O, fruit punch, cranberry juice, etc.)

If you have any questions about these instructions, please call our office at 302-892-9900.

SUFLAVE is a 2-bottle split-dose kit. Both bottles are required for the colonoscopy preparation and will be taken in separate doses.

SUFLAVE does come with OPTIONAL flavor packs. Adding the FLAVOR packs is OPTIONAL and only enhances the taste of the prep, it is not an active ingredient.

EVENING PRIOR TO YOUR COLONOSCOPY:

5:00 p.m.:

1. Fill the provided bottle with lukewarm water up to the fill line of the disposable container. **Optional:** Add 1 flavor packet
2. Shake till mixed and put in Refrigerator. Do Not Freeze.

**Both bottles can be prepared and put in the Refrigerator to chill.*

6:00 p.m.:

1. Drink 8 oz of the preparation mixture EVERY 15 minutes until the bottle is empty. Drink **ALL** the liquid in the container.
2. Drink an additional 16 ounces of clear liquid after the solution is gone.

5 hours before your report time (This may require you to get up in the middle of the night):

1. Drink 8 oz of the preparation mixture EVERY 15 minutes until the bottle is empty. Drink **ALL** the liquid in the container.
2. Drink an additional 16 ounces of clear liquid after the solution is gone.

***The day prior to your scheduled procedure the facility will call you with the report time.**

**SUFLAVE reference from <https://www.suflave.com/>*

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General Guidelines of a Colonoscopy

A colonoscopy is a test that examines the inside of your large intestines or the colon. The most common reason for a colonoscopy is to look for colon polyps or colon cancer. Before a colonoscopy can be performed, your colon must be completely empty for the colonoscopy to be thorough and safe. While a colonoscopy is generally safe, risks include bleeding, perforation (puncture of the colon), and risk of complications from sedation. A colonoscopy is the best method (95%) to find and remove polyps.

*Our doctors and staff will instruct you on which preparation to take. The prep you receive depends on your medical condition as well as which medications you are currently taking.

Please inform us if you have any of the following:

- An internal defibrillator
- Latex allergy
- Take ANY Blood Thinners
- Take antibiotics for dental procedures
- Are on home oxygen

If you are diabetic

- Hold your diabetic medication the morning of the test.
- If you take insulin, take $\frac{1}{2}$ of your normal dose the night before and $\frac{1}{2}$ of your normal dose the morning of the procedure.
- Use sugar-free drinks for liquids, like Crystal Lite, during the prep (to avoid an increase in blood sugar) and monitor your blood sugar closely to prevent low blood sugar.

Medications that DO NOT need to be held:

- Aspirin
- Ibuprofen
- Fish Oil
- Garlic
- Herbal Supplements
- Iron
- Vitamins

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