

COLONOSCOPY INSTRUCTIONS: SUFLAVE™

Read all instructions carefully at least one week prior to your procedure.

Your procedure is scheduled for:

Date: _____

Arrival Time: _____

Location: LMH Health, 330 Arkansas St
West entrance, check in at admissions

TRANSPORTATION:

- ✓ Plan for transportation. You will be sedated for your procedure and not able to drive or work after.
You **must** bring an adult (age 18+) to drive you home.
You may **not** take a taxi, bus, or Uber by yourself.
- ✓ *If you do not have an appropriate ride home, your procedure will be cancelled.*
- ✓ Call our office if you are unable to arrange a ride.

PRE-PROCEDURE PHONE CALL:

- ✓ A nurse from the Endoscopy Center will try to reach you prior to your procedure to confirm your appointment. If you have questions prior to your procedure you can call them at 785-505-4866. You may need to leave a message. We make every attempt to check these messages daily but aren't always able to. If your question or concern is time sensitive, please make sure you speak with someone from the office or Endoscopy Department.

PLEASE NOTE:

An appointment rescheduled or cancelled without 48 business hours' notice is considered a missed/no show appointment as we are unable to schedule another patient. Multiple missed/no showed appointment could result in dismissal from this practice.

PRIOR TO PROCEDURE:

- ✓ If you are taking blood thinner medication such as Coumadin (warfarin), Plavix (clopidogrel), Pradaxa (dabigatran), Eliquis (apixaban), Xarelto (rivaroxaban), or have any type of clotting disorder, **please let our office know as soon as possible.**
- ✓ If you take phentermine or any weight loss medications, insulin, seizure medications, or time-sensitive medications **it is important** that you speak with a nurse about necessary adjustments to your medication regimen.
 - ✓ Phentermine must be held 2 weeks prior to your procedure.
- ✓ Please hold iron supplements, vitamins, and any over the counter herbs or other dietary supplements for 3 days prior to your appointment to help with your prep and prevent medication interactions.
- ✓ Please try to avoid eating nuts or seeds during the 5 days prior to your prep.
- ✓ If you have recently had surgery or been hospitalized--please call and speak to a nurse.
- ✓ Purchase the over-the-counter supplies for your prep (listed below), at a pharmacy/grocery store.

A prescription for SUFLAVE has been sent to your pharmacy.**PREP DAY (day before your procedure)**

The SUFLAVE website has a helpful video that you can watch before beginning your prep:
<https://www.suflave.com/HowtoPrep#video>.

A low residue breakfast may be consumed. Examples of low residue foods are white bread, biscuits, muffins (no wheat), cornflakes, eggs, cream of wheat, grits, yogurt, cottage cheese, coffee, tea, juice without pulp, fruit (no skin or seeds). After breakfast, only consume clear liquids until after the colonoscopy.

NO food/drinks that are solid, red/purple in color, milk products, or alcohol.

Drink plenty of fluids throughout the day to stay hydrated. This will also help your prep.

Acceptable Clear Liquid Diet Options:

✓ Water	✓ Sports drinks	✓ Jell-O
✓ Black coffee (no cream/sugar)	✓ Clear soda (7UP, Sprite, Starry, ginger ale)	✓ Broth (NO noodles)
✓ Tea (no cream/sugar)	✓ Popsicles	✓ Apple/white grape juice

**1 to 2 hours prior to starting dose 1, please drink 1 cup of chicken broth. This will hydrate you with extra electrolytes to decrease nausea with the prep.

6:00pm: You will need the provided container. Follow the steps below:

Step 1: Open 1 flavor enhancing packet and pour the contents into 1 bottle.

Step 2: Fill the provided bottle with lukewarm water up to the fill line. After capping the bottle, gently shake the bottle until all powder has dissolved.

- ✓ For best taste, refrigerate the solution for an hour before drinking.
- ✓ Do not freeze.
- ✓ Use within 24 hours.

Step 3: Drink 8 ounces of solution every 15 minutes until the bottle is empty.

Step 4: Drink an additional 16 ounces of water during the evening.

**If you experience preparation-related symptoms (for example, nausea, bloating or cramping), pause or slow the rate of drinking the additional solution and water until your symptoms diminish.

PROCEDURE DAY

5 hours before arrival time: Repeat steps 1-3 above. You must complete all SUFLAVE and required water at least 2 hours before your colonoscopy.

- Take prescription medications the morning of your procedure or 2 hours prior to arrival time, unless we directed you otherwise.
- **DO NOT TAKE** ACE Inhibitors the morning of procedure. These includes Benzapril (Lotensin), Captopril (Capoten), Enalapril (Vasotec), Lisinopril (Zestril), and Quinapril (Accupril).
- **NO** food, drink, mints/gum, chewing tobacco, cigarettes, marijuana or recreational drugs the morning of procedure.
- Wear comfortable, loose fitting clothes. Do not wear jewelry or bring valuables. You may leave these items at home or with your family members. LMH Health does not provide storage for them.
- Please bring a list of current medications, your photo ID, and insurance card(s).

Depending on your insurance, a portion of payment may be requested at the time of registration. For questions, call the LMH Health Pre-Service at 785-505-3762.