

YOUR COLONOSCOPY IS SCHEDULED FOR:

Date of Procedure: _____

Gastro Health Physician: _____

Arrival Time: _____

Facility/address: _____

Phone: _____

Registration Assistant: _____

Appointments missed or canceled with less than 72 hours' notice may result in a fee in accordance with applicable office policies.

DAY BEFORE-CLEAR LIQUID PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH SUFLAVE.

PLEASE REVIEW THE INSTRUCTIONS *AT LEAST 3 DAYS PRIOR* TO THE PROCEDURE USE THESE PREPARATION INSTRUCTIONS *AND NOT* THOSE INCLUDED WITH SUFLAVE.

**It is important that you follow these directions carefully,
and complete the entire preparation to ensure the most effective cleansing.**

- If you are taking any blood thinners and/or insulin **AND** this was **NOT** discussed with your doctor at the time of scheduling the procedure, please call us **BEFORE** starting the preparation. These include, but are not limited to *Aspirin, Coumadin-(Warfarin), Plavix-(Clopidogrel), Xarelto-(Rivaroxaban), Pradaxa-(Dabigatran), Eliquis-(Apixaban), Arixtra-(Fondaparinux), Effient-(Prasugrel), Aggrenox-(Aspirin/Dipyridamole), and all NSAIDs (Ibuprofen, Motrin, Aleve, Naproxen, Celebrex, Mobic).*
- If you are taking a GLP-1 medication **AND** this was **NOT** discussed with your doctor at the time of scheduling the procedure, please call us **BEFORE** your procedure.
- If you are taking any of the following GLP-1 medications, please discontinue 1 week prior to your colonoscopy: *Dulaglutide (Trulicity), Exenatide extended release (Bydureon bcise), Mounjaro (tirzepatide), Semaglutide (Ozempic), Semaglutide (Rybelsus), Wegovy.*
- If you are taking any of the following GLP-1 medications, please discontinue 1 day prior to your colonoscopy: *Exenatide (Byetta), Liraglutide (Victoza, Saxenda), Lixisenatide (Adlyxin).*
- **YOU MUST CONTINUE TO TAKE ALL** your other medications every day prior to the colonoscopy **AND** take them with a small sip of water on the day of your colonoscopy.
- **IF YOU ARE DIABETIC, DO NOT** take your diabetic pills the evening prior or day of the colonoscopy.
- Please plan to have someone drive you home after the procedure. You will not be allowed to drive yourself home.
- You cannot take an Uber, Lyft, taxi, or public transportation home from your procedure without an adult companion.

DAY BEFORE PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH SUFLAVE



3 DAYS BEFORE THE PROCEDURE

STOP eating fruits and vegetables including beans, corn and seeds.

THE DAY PRIOR TO THE PROCEDURE

You may not have any solid food. If desired, you may have a liquid yogurt only for breakfast before 10 AM, no later. After 10 am, you may have only clear liquids. For example: water, coffee, tea, broth, sodas, artificial apple juice, Gatorade, Kool-Aid, Jell-O, popsicles, and hard candy. It is important to drink extra clear liquids before your prep to maintain adequate hydration. **DO NOT DRINK MILK. DO NOT DRINK LIQUIDS THAT ARE RED OR PURPLE IN COLOR.**

SUFLAVE is a split-dose regimen. A total of 2 bottles are required for complete preparation for your colonoscopy. You will take 2 bottles of liquid in two separate doses. One dose of SUFLAVE is equal to one bottle plus one flavor enhancing packet.



DAY 1, DOSE 1: EARLY EVENING BEFORE YOUR COLONOSCOPY:

Step 1: Starting between 5:00 PM and 7:00 PM, Open 1 flavor enhancing packet and pour the contents into bottle 1.

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 mixed well(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 32 ounces of any clear liquid. About one 8-ounce cup every 30 minutes. Four 8-ounce cups in total.

IMPORTANT: If nausea, bloating, or abdominal pain occurs, pause, or slow the rate of drinking the solution and additional water until symptoms diminish.



THE DAY OF THE PROCEDURE

DAY 2, DOSE 2 SUFLAVE: THE MORNING OF THE COLOLOSCOPY:

Step 1: Starting at _____ (4 hours before the arrival time)

Repeat steps 1 to 3 from Day 1, Dose 1. Finish entire prep, even if stool is clear liquid.

Step 2: Drink an additional 32 ounces of any clear liquid. About one 8-ounce cup every 30 minutes. Four 8-ounce cups in total.

YOU MUST STOP DRINKING ALL LIQUIDS BY _____ (At least 2 hours before your Arrival Time)

Please call us if you have any questions or if you are having difficulty with the preparation.

