

# How to Prepare for Your Colonoscopy using Suflave Prep

A colonoscopy is an exam of your colon (large intestine). Your doctor will use a colonoscope (flexible tube with a camera at the end) to see the inside of your colon on a video monitor. During your procedure, your doctor can:

- Remove a small sample of tissue (biopsy) for testing
- Remove a polyp (growth of tissue)
- Take photos of the inside of your colon

Follow these instructions carefully. It's very important that your colon is empty for your colonoscopy. If there's stool inside your colon, your doctor may not be able to see polyps or other problems inside your colon and you may have to repeat the procedure. If you have any questions, contact your doctor's office.

## 1 Week Before Your Procedure

### Ask about your medications

You may need to stop taking some of your medications before your procedure. Talk with your doctor about which medications are safe for you to stop taking. We have included some common examples below.

#### Anticoagulants (blood thinners)

If you take a blood thinner, such as to treat blood clots or to prevent a heart attack or stroke, ask the doctor who prescribes it for you when to stop taking it. Medications for diabetes

If you take insulin or other medications for diabetes, you may need to change the dose. Ask the doctor who prescribes your diabetes medication what you should do the day before and the morning of your procedure. Tell your doctor you will be drinking a sugar-free clear liquid diet the day before your procedure.

### Get a letter from your doctor, if needed

- If you have an automatic implantable cardioverter-defibrillator (AICD), you need to get a clearance letter from your cardiologist (heart doctor) before your procedure.
- If you've had chest pain, dizziness, trouble breathing, that's new or worse, or have fainted in the last 6 weeks, you need to get a clearance letter from your doctor before your procedure.

## Arrange for someone to take you home

You must have a person responsible to take you home after your procedure.

## 3 Days Before Your Procedure

### Avoid certain foods

You should follow a low-fiber diet starting 3 days before your colonoscopy. During this time, do not eat:

- Raw (fresh) fruits and vegetables.
- Whole kernel corn, including canned corn
- Whole grains (such as oatmeal, brown rice, quinoa, or wheat bread)
- Seeds (such as poppy or sesame)
- Nuts

### Talk with your endoscopy nurse

An endoscopy nurse will call you before your procedure. They will review the instructions in this guide with you and ask you questions about your medical history. The nurse will also review your medications and tell you which medications to take the morning of your procedure.

## 1 Day Before Your Procedure

Starting the day before your procedure, do not eat anything. Follow a clear liquid diet.

A clear liquid diet includes only liquids you can see through. Don't eat any solid foods.

- Try to drink at least 1 (8-ounce) glass of clear liquid every hour you're awake.
- Don't drink anything red, purple, or orange.
- If you have diabetes, only drink sugar-free clear liquids and check your blood sugar level often. If you have any questions, talk with your healthcare provider.

## Dose 1

### Taken at 4pm the day before procedure

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.

Open 1 flavor enhancing packet and add a little at a time to taste. \*Add flavor enhancer after you taste the solution to see if you need it.

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

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

Drink an additional 16 ounces of water

After Dose 1 • Continue drinking clear liquids

## **Dose 2**

### **Taken at 8pm the day before procedure**

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.

Open 1 flavor enhancing packet and add a little at a time to taste. \*Add flavor enhancer after you taste the solution to see if you need it.

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

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

Drink an additional 16 ounces of water after.

After Dose 2 • Continue drinking clear liquids

Take 4 Dulcolax tablets after the Suflave prep is completed

Important

If you experience nausea, bloating or vomiting, try drinking the solution more slowly

## **The Day of Your Procedure**

Take only the medications you were instructed to take the morning of your procedure. Take them with a few sips of water.

