

# **\*REMINDER\***

**Nothing to**  
**drink 6 hours**  
**prior to your**  
**procedure**  
**time.**

**SUFLAVE BOWEL PREPARATION - DAY BEFORE AND DAY OF YOUR PROCEDURE**

- *Suflave RX has been sent to your pharmacy of choice*

**7 DAYS PRIOR TO THE PROCEDURE:**

1. **PLEASE DISCONTINUE** all blood thinning medications. This includes, but not limited to, Coumadin & Plavix **\*\*TYLENOL MAY BE TAKEN\*\***  
**PLEASE DISCONTINUE** Iron Supplements  
**PLEASE DISCONTINUE** all GLP-1 medications including but not limited to semaglutides, Mounjaro, Ozempic, Wegovy, Rybelsus, tirzepatides, Mounjaro, Zepbound, Byetta, Bydureon, Victoza, Saxenda, Trulicity
2. If your doctor has prescribed any of the medications listed above, please consult with your doctor before discontinuing.
3. If you are diabetic, check with your primary care doctor regarding diet and medication instructions.

**3 days prior to the procedure:**

1. **AVOID- Corn, Nuts, popcorn, foods with seeds.**
2. Drink plenty of liquids to be well hydrated. This will be helpful for the tolerance of the colonoscopy prep.

**Day before the procedure:** SUN MON TUES WED THURS FRI

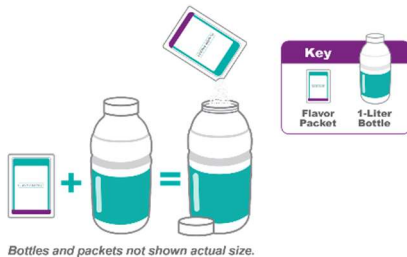
**Do not drink alcohol**

1. Do not eat any solid food. **ONLY** consume clear liquids.
2. **Dose 1: At 4:00 pm**

**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 mixed well (dissolved). For best taste, refrigerate the solution for an hour before drinking. **DO NOT FREEZE.**

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



*Bottles and packets not shown actual size.*

3. **CONTINUE** clear liquids throughout the night.
4. If the procedure is **BEFORE 12:00 PM (NOON)**: **At 8:00 pm:** Repeat **STEP 1 to STEP 3** from Dose 1

**OR**

If the procedure is **AFTER 12:00 PM (NOON)**, 8 hours prior to your procedure time (day of procedure) – Repeat **STEP 1 to STEP 3** from Dose 1

**Day of Procedure:**

You will continue a clear liquid diet up until **SIX HOURS** prior to your scheduled procedure time.

Take your usual blood pressure and heart medication prior to fasting period. If you have asthma, please bring your inhalers with you.

**Patients with Diabetes:** Decrease Insulin dose by 1/3-1/2 on the day of the bowel preparation, and NO Insulin on the day of the procedure. Patients on Oral Diabetes meds: NO Oral Diabetes Meds on the morning of the procedure day.

You will need to be close to a bathroom. You will have progressively looser bowel movements over the next several hours. Individual responses to laxatives vary. This preparation will cause multiple bowel movements. Consider using **Vaseline, Aquaphor or diaper rash cream/ zinc oxide** around the anal opening before starting the prep and after each bowel movement to minimize irritation from passing many bowel movements.

**Make arrangements for a responsible adult 18+ or medical transport to drive you home after your colonoscopy.** You may **NOT** use a bus, taxi, or a rideshare application such as an Uber, without a responsible adult to accompany you to your home. You are **NOT** to drive for the remainder of the day. Please expect to spend up to **1-1.5 hours** (from check in time) at the facility.

**CLEAR LIQUID DIET**

**Beverages:**

Coffee (no cream)  
Tea  
7UP / Sprite/ Ginger Ale  
Apple Juice/ White grape juice  
Lemon-Lime Gatorade / Crystal Light  
Lemonade

**Soups:**

Bouillon  
Fat Free chicken broth  
Clear broth

**Sweets & Desserts:**

Honey  
Sugar  
Green/Yellow/ White Popsicles  
Butterscotch Candy  
Hard Candy (Green, Yellow, or Clear)  
Jolly Ranchers (Green, Yellow, or Clear)  
Jell-o (Plain, Lemon Lime, or Pineapple (no chunks))

**NO CHEWING TOBACCO**

**NO RED, PURPLE, OR BLUE DYES**

**NO SOLID FOODS**

**CLEAR LIQUIDS ONLY**

**No Dairy Products**



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**Deviating from this diet will prevent adequate preparation of the colon for the exam and can result in needing to repeat the procedure at a later date.**