OC GastroCare

COLONOSCOPY PREPARATION

For the best exam possible, your colon must be clean. Your preparation will begin the day before your procedure. Please read the instructions carefully before you begin.

-PENDING CLEARANCE: Hold blood thinners (Plavix, Xarelto, Eliquis, Effient, Coumadin/Warfarin) THREE TO FIVE DAYS before the procedure(s).
-Hold Aspirin 325 mg FIVE DAYS before the procedure. -Hold iron FIVE DAYS before the procedure.
-Hold Vitamins C and E TWO DAYS before the procedure.
-Hold anti-inflammatory medication TWO DAYS before the procedure. (Tylenol is okay to take.)

If **DIABETIC**, please take half a dose of your Diabetic medication starting from the day before your procedure(s). If further questions, please refer to your Primary Care Provider

ATTENTION: Please **STOP** following medications **7 days** before procedures:
-OZEMPIC - BYETTA -ADLYXIN -BYDUREON -RYBELSUS

-TRULICITY -VICTOZA -SAXENDA -WEGOVY -ZEPBOUND -MOUNJARO

STARTING ON _____/_____/ 20_____ ALL DAY

CLEAR LIQUID DIET

CLEAR LIQUIDS INCLUDE:

- Water
- Broth/Bouillon
- Coconut water (**NO PULP**)
- Clear Juices (**NO PULP**) - Apple, **WHITE** Cranberry, **WHITE** Grape
- Coffee (**BLACK - NO** creamer, **NO** dairy products
- Tea (HOT or COLD) sugar or honey is okay (**NO** dairy products)
- Sports drinks - clear only, **NO** green, purple or red
- Clear carbonated soft drinks - Sprite, 7UP and/or Ginger Ale
- Yellow gelatin (**NO** toppings) - **STOP AFTER 5:00 P.M.**
- You may use menthol lozenges to help tolerate preparation (Halls cough drops - **CLEAR ONLY**)

★ **DO NOT have dark liquids (red, orange, green, blue or purple)**
★ **DO NOT consume solid foods, dairy products, and cloudy liquids**
★ **STOP all clear liquids after midnight except water**

*If you have a dry mouth, you may rinse with water and spit out. DO NOT swallow the water. If your stomach is not empty, you may feel nauseated with the sedation and may vomit causing pneumonia.

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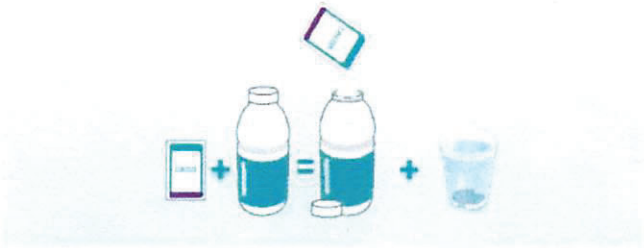
SUFLAVE is a split-dose (2-day) regimen. A total of 2 bottles are required for complete preparation for colonoscopy. You will take 2 bottles of liquid in two separate doses. One dose of SUFLAVE is equal to one bottle plus one flavor enhancing pack.

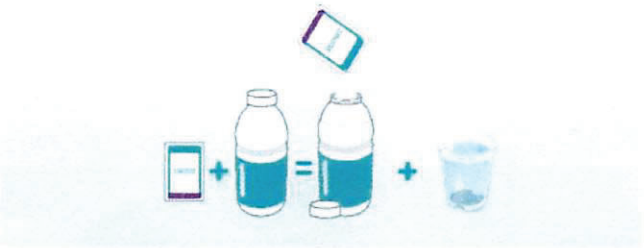
Dose 1- Evening Prior to Colonoscopy:

- 5 PM on the evening before your colonoscopy, open 1 flavor enhancing packet and pour the contents into 1 bottle.
- Fill the provided bottle with lukewarm water up to the fill line. After capping the bottle, 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.
- Drink 8 ounces of solution every 15 minutes until the bottle is empty.
- Drink an additional 16 ounces of water during the next hour.



Dose 2- Morning of the Colonoscopy:

- 5 hours prior to the colonoscopy procedure and no sooner than 4 hours from starting dose 1, repeat dose 1 instructions now with dose 2 of the SUFLAVE.
- Open 1 flavor enhancing packet and pour the contents into 1 bottle.
- 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.
- Drink 8 ounces of solution every 15 minutes until the bottle is empty.
- Drink an additional 16 ounces of water during the next hour.



Regardless of when you finish the second dose, make sure to stop drinking any liquid (except for water) within 4 hours of your scheduled colonoscopy time.

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