

## SUFLAVE Bowel Prep Instructions

### IMPORTANT:

- Take your prep prescription to the pharmacy at least 5 days in advance.
- Follow the instructions on this piece of paper, not the booklet that comes in the prep box.
- Buy a small package of simethicone, Gas-X or Phazyme at the pharmacy (will use during prep).
- Please avoid iron supplements in addition to nuts, seeds, corn, popcorn for 5 days leading up to the procedure
- **STOP warfarin 5 days prior, Plavix 5 days prior, Eliquis 3 days prior, Xarelto 2 days prior, Ozempic 7 days prior** to the procedure (unless otherwise directed).
- You do not need to stop Aspirin 81mg, and normal doses of ibuprofen, Motrin, Aleve, naproxen, etc,

### DAY BEFORE THE PROCEDURE

Before 9:00am it is OK to have a small/light breakfast — toast, eggs, fruit, coffee, tea, etc

After breakfast, you may have clear liquids only for the rest of the day.

\*If you have an afternoon appt after 1:00pm, you can have up to a light lunch by noon.

**Liquids OK to Drink:** Water, Clear juice, sports drinks (Avoid RED/PURPLE), Broth, Ginger Ale, Sprite, Jello (Avoid RED and Purple).

**AVOID:** Dairy products (Milk Creamer), Non-dairy creamers, Orange Juice, Tomato Juice.

### **USING THE SUFLAVE Bowel Prep Kit:**

At **5:00 pm**, the evening before your procedure, complete steps 1 through 4.

Step #1: Open BOTH flavor packets and pour one into each of the SUFLAVE bottles.

Step #2: Fill both bottles with lukewarm water to the fill line. Gently shake until dissolved and place both bottles in the refrigerator.

Step #3: At **6:00 PM**, begin drinking the **FIRST** SUFLAVE bottle. Drink 8 OZ every 15 minutes until the solution is gone. You **MUST** drink all the solution within one hour.

Step #4: Drink one 16 OZ glass of water over the next hour.

### **THE MORNING OF PROCEDURE:**

At\_\_\_\_\_ (6 hours prior to procedure time)

- Remove the **SECOND** bottle of SUFLAVE from the refrigerator. Drink 8 OZ every 15 minutes until the solution is gone. Please complete drinking the solution within one hour.
- You **MUST** drink one more 16 oz glass of water over the next hour.

It is OK to consume clear liquids only up to 4 hours before the procedure start time. Continue taking other daily medications, such as heart, cholesterol, blood pressure, seizure medication with small sips of water up until 4 hours before the procedure start time. After this, take **NOTHING** by mouth.

YOU CANNOT TAKE A BUS TAXI UBER OR LYFT HOME FROM THE PROCEDURE