

INSTRUCTIONS FOR COLONOSCOPY

(Using SULFLAVE laxative solution)

Obtain one kit of SUFLAVE containing two bottles of laxative powder and two flavor enhancing packets at any pharmacy. A prescription is required.

READ ALL INSTRUCTIONS CAREFULLY

Report to: Pacific Gastroenterology Endoscopy Center, 26421 Crown Valley Pkwy. # 140B, Mission Viejo

Date _____ Arrival Time _____

- 1) If you are taking Iron pills, please stop this for three days before your procedure.
 - 2) If you are taking **blood thinning medicines like Coumadin (Warfarin), Pradaxa, Xarelto, Brilinta, Effient, Eliquis, or Plavix**, please consult your doctor. You may need to stop these medications for up to 7 days prior to your procedure..
 - 3) **Do not eat any seeds like popcorn, multigrain bread, sesame, granola bar, corn for one week** prior to colonoscopy.
 - 4) **Day Before Examination**
 - Drink only “clear liquids” for breakfast, lunch, and dinner. Solid foods, milk or milk products are **not** allowed.
 - “CLEAR LIQUIDS” INCLUDE:
 - ⇒ Strained fruit juices without pulp (apple, white grape, lemonade)
 - ⇒ Water, Clear broth or bouillon
 - ⇒ Coffee or tea (without milk or non-dairy creamer)
 - ⇒ All of the following that are **not** colored red or purple
 - ◇ Gatorade, Carbonated and non-carbonated soft drinks
 - ◇ Kool-Aid (or other fruit flavored drinks), Ice popsicles
 - ◇ Plain Jello (without added fruits or toppings)
- Evening (6 pm)**
- Open one flavor enhancing packet and pour the contents in one bottle.
 - Fill the provided bottle with lukewarm water up to the fill line. After capping the bottle, gently shake the bottle until all powder is dissolved. For best taste, refrigerate the solution for at least an hour before drinking.
 - Drink 8 ounces of solution every 15 minutes until bottle is empty.
 - Drink an **additional 16 ounces of water** during the evening. Drink more if desired.
- 5) **Day of Examination**

Morning Dose of Laxative: (Four hours before your colonoscopy arrival time)

 - Repeat the same instructions as mentioned above for the prior evening dose, using the other bottle of SUFLAVE and another flavor enhancing packet.
 - Drink an **additional 16 ounces of water** during the morning. Drink more if desired.
 - **Finish drinking all liquids at least 2 hours before your colonoscopy arrival time.** Please eat **NO BREAKFAST. DO NOT DRINK COFFEE** on the morning of your examination as this makes the content of the colon look darker/blackish.
 - **Arrive for Colonoscopy at your scheduled time.**
 - 6) **MEDICATIONS**
 - (a) **Evening prior to your examination:** Take any of your usually prescribed medications **more** than two hours before or two hours after you take the SUPREP. This is to decrease the chance of your pills being washed out of your intestines before they can be absorbed.
 - (b) **On the morning of the procedure:** Take all your usually prescribed medications with water before 6 am. If you are a **DIABETIC**, please discuss with your doctor scheduling this test, what you should do with your insulin on the morning of the procedure.
 - 7) You will probably require some medication by vein for the procedure to relax you. This medication may make you sleepy for a few hours. If you receive this medication you will be required to remain here at the Endoscopy Center for about half an hour after the procedure is completed for observation.
 - 8) If you receive this relaxing medication by vein, you cannot safely drive yourself home after the test. Therefore, plan on having someone bring you to the Endoscopy Center and return you home after the procedure. Likewise, you should not plan on operating any heavy or dangerous machinery until the day after the procedure.
 - 9) Wear loose comfortable clothing. Please wear or bring a pair of socks with you.



If there are any questions regarding the procedure or its scheduling, please call our office at (949) 365-8836.