

COLONOSCOPY PREPARATION: SUFLAVE

- Patients on blood thinners (Coumadin, Xarelto, Eliquis, Plavix etc.) should stop the medication as instructed. This should also be discussed with the prescribing doctor regarding if and when these can be safely held or transitioned to an alternate agent if needed.

SEVEN DAYS BEFORE COLONOSCOPY:

- STOP NSAIDs, iron supplements, fish oil, Vitamin E
- STOP Aspirin unless otherwise instructed (patients with a history of heart disease should continue Aspirin)

ONE DAY BEFORE COLONOSCOPY: *Purchase 3 pills of Gas-X extra strength tablet (avoid soft gels)*****

FOLLOW A CLEAR LIQUID DIET ONLY.

1. Begin a clear liquid from the moment you wake up

Clear liquid diet includes:

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| • Fruit juices without pulp
(no orange or tomato juice) | • Gatorade | • Soft drinks |
| • Broth or Bouillon | • Jell-O | • Ice Popsicles |
| • Black Coffee or Tea | • Water | • Italian Ice |

NO MILK OR MILK PRODUCTS / NO NUTS OR SEEDS, NO RED OR PURPLE COLORED LIQUIDS

2. At **5pm** take 2 Gas-X tablet then start the **Dose 1** of Suflave.
 - a. Open 1 flavor-enhancing packet and pour the contents into 1 bottle
 - b. Fill the provided bottle with lukewarm water up to the fill line. After capping the bottle, gently shake the bottle until all the powder has mixed well (dissolved). For best taste, refrigerate the solution for an hour before drinking. Do not freeze. Use within 24 hours.
 - c. Drink 8 ounces of solution every 15 minutes until the bottle is empty. You should be finished drinking the solution by 6pm.
 - d. Once the solution is completed drink an additional 16 ounces of water during the evening.
3. **Five hours** before your procedure take 1 Gas-X tablet then start Dose 2. You will follow steps A-D from above. This must be completed within an hour of beginning Dose 2. No more clear liquids within four hours of your procedure. You may drink clear liquids up to four hours prior to your procedure.

YOU MUST BE DONE DRINKING FOUR HOURS PRIOR TO YOUR PROCEDURE

IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, WE REQUIRE NOTIFICATION NO LATER THAN 48 HOURS BEFORE THE SCHEDULED DATE OF PROCEDURE. CANCELLATION WITHIN 48 HOURS MAY BE SUBJECT TO A NO SHOW FEE.