



SUFLAVE Colonoscopy Instructions

Failure to comply with these instructions may result in the cancellation of your procedure. Arrange for a ride home from a licensed driver after your procedure. Don't take a bus, cab, or ridesharing service unless an adult rides with you.

ONE WEEK PRIOR TO PROCEDURE:

- Discontinue taking: Vitamin E, Ginkgo, Omega 3, Fish oil, Flax seed, Ginseng, & NSAIDs (Ibuprofen, Motrin, Advil, Excedrin, Aleve). You may take Tylenol for aches or pain if necessary. ONLY if you have heart disease, you may continue your daily Aspirin.
- If taking Coumadin, Eliquis, Plavix, Pradaxa, or Xarelto, please do NOT discontinue these medications without proper authorization from our office.
- Continue taking all other prescribed medications including heart and blood pressure medications.

TWO DAYS PRIOR TO PROCEDURE

- Do NOT eat any seeded foods (seeded fruits, seeded breads, nuts, popcorn, or corn).

ONE DAY PRIOR TO PROCEDURE:

- **NO SOLID FOOD.** Clear liquid diet for breakfast, lunch, and dinner.

DO's	DON'TS
<p style="text-align: center;"><u>Apple Juice, Clear Soda,</u> <u>Beef, Chicken or Vegetable Broth (Liquid Only)</u> <u>Coconut Water (No Shavings),</u> <u>Black Coffee, or Tea (No Cream),</u> <u>Jell-O or Gatorade (No Red or Purple).</u></p>	<p style="text-align: center;">SOLID FOOD <u>Apple Sauce, Eggs, Soup, Oatmeal,</u> <u>Orange, Grapefruit, or Pineapple Juice,</u> <u>Milk or Dairy Products,</u> <u>Malt, Alcoholic Drinks.</u></p>

- At 5 PM mix SUFLAVE flavor packet in both provided bottles with lukewarm water up to the fill line. Shake bottles until powder is well dissolved and then refrigerate both bottles. (DO NOT FREEZE)
- At 6PM drink 1 bottle of SUFLAVE (8oz every 15min) until the bottle is empty. Drink an additional 16oz of water. You may continue a clear liquid diet.
- At Midnight repeat drinking the 2nd bottle of SUFLAVE (8oz every 15min) until the bottle is empty. Drink an additional 16oz of water then **DO NOT DRINK OR EAT ANYTHING ELSE AFTER.**

ON THE DAY OF THE PROCEDURE:

- **DO NOT DRINK OR EAT ANYTHING.**
- Please take all heart or blood pressure medications with a small sip of water.
- Do not take diabetic medication the morning of your procedure.
- Please bring all your medications with you to the facility.

Memorial Hospital
Pembroke
7800 Sheridan St
Pembroke Pines, FL 33024
(954)883-8282

SurgiCare of Miramar
14601 SW 29th St
Suite 301
Miramar, FL 33027
(954)266-3801

Weston Outpatient
2229 N. Commerce Pkwy
Weston, FL 33326
(954)703-3000

Procedure Date: _____

Time of Arrival: It will be determined by a nurse who will call you one day prior. We advise all patients to take the day off from work/school.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT OUR OFFICE AT (954)874-7900 OR EMAIL US AT HELPDESK@DRMOURA.COM

FOR CANCELLATIONS OR TO RESCHEDULE PLEASE CONTACT US AT LEAST 3-BUSINESS DAYS IN ADVANCE TO AVOID A \$75 CANCELLATION FEE!