

# COLONOSCOPY PREP INSTRUCTIONS

## SUFLAVE<sup>®</sup> POLYETHYLENE GLYCOL 3350, SODIUM SULFATE, POTASSIUM CHLORIDE, MAGNESIUM SULFATE, & SODIUM CHLORIDE

**Note: Please do not follow the directions on the bottle. Follow the directions written below!**

### 01. Five days before your Colonoscopy

Start a low fiber diet, focus more on meat and rice rather than fruits and vegetables.

Stop iron, including medications or vitamins that contain iron.

Make sure to have someone 18 years old or older drive you to and from your procedure. Drink plenty of liquids.

### 02. Three days before your Colonoscopy

**Please avoid the following until the day of your procedure:**

Vegetables such as corn, nuts, seeds, broccoli, cauliflower, carrots, celery, protein bar or shake and dairy products.

**IMPORTANT:** If nausea, bloating, or abdominal cramping occurs, pause or slow the rate of drinking the solution and additional water until symptoms diminish.

### 03. THE DAY BEFORE your Colonoscopy

Drink only clear liquids. You can still have jello or water-based popsicles, as long as they are not colored as red or purple, or broth. You will have two bottles inside the prep kit box. **Please save one bottle for the day of your colonoscopy.**

**IN THE MORNING:** Open 1 flavor packet and pour the contents of 1 packet into 1 bottle.

Fill the provided bottle with water **up to the fill line**. After capping the bottle, gently shake the bottle until all powder has mixed well (dissolved). Refrigerate the solution. Do not freeze. Use within 24 hours.

**AT 5pm:**

**Drink 8 ounces of solution every 15 minutes until the bottle is empty.**

\*\*\*Drink an additional 16 ounces of water during the evening.

Open 1 flavor packets and pour the contents of 1 packet into 2nd bottle, fill same as above and refrigerate for the next dose.

**Stay close to a bathroom. Cleaning your colon causes diarrhea.**

### 04. THE DAY OF your Colonoscopy

**5 to 8 hours prior to check-in :**

Grab the 2<sup>nd</sup> bottle in the refrigerator...

**Drink 8 ounces of solution every 15 minutes until the bottle is empty.**

\*\*\*Drink an additional 16 ounces of water during the morning.

It is OK to take medications up to 2 hours before your procedure unless instructed otherwise by your healthcare provider.

**IMPORTANT NOTE!** If you need to cancel or reschedule your appointment, please call 619-588-4074 and select option 1. Cancellations made less than 5 business days before the procedure will incur a \$150 fee. This fee also applies for no-shows or cancellations due to improper preparation for the procedure.

