

SUFLAVE - Constipation AM - Colonoscopy/EGD with Bravo Preparation Instructions

Appointment Date: **Check-In Time:** **Procedure Performed by:**

Please review the Bravo instruction video: <https://sailemgastro.com/videos/>

Let your doctor or staff know if you have an allergy or sensitivity to nickel.

Stop_____ on _____ (per provider instruction)

It is IMPORTANT to follow these instructions regarding your acid-blocking medications or we will not get accurate results.

You should also not use Zantac (Famotidine), Pepcid (Famotidine), or Tagament (Cimetidine) 48 hours before the study.

You will need:

- **SUFLAVE** bowel prep. Please pick it up ahead of time. This prescription was sent to your pharmacy when your procedure was scheduled. *Please contact our office if the prescription is not covered or has a high cost*
- **Gas-X Extra Strength** tablets/capsules/chewable (Ok if tablets are pink) or generic equivalent (simethicone 125mg). Purchase over-the-counter. You will need 8 of these.

Special Medication and Diabetic Directions: See separate instructions.

If you have an MRI within the next 30 days of this test please inform the radiology technician so they can make sure the probe completely passed from your body. This probe does contain a small amount of metal.

Follow-up: Please come to your follow-up appointment with the clinic nursing staff and bring the receiver and your journal.

One week before

Stop taking iron pills, vitamins, or herbal supplements in pill form.

Take your usual prescription medication during prep unless told not to.

Aspirin, Ibuprofen, and Tylenol are OK if needed.

Avoid foods with seeds (flax seeds, popcorn, nuts, and berries). They clog the colonoscope.

Two days before

Stop taking fiber supplements: Metamucil, Citrucel, etc.

1 Day before your colonoscopy

When you awake, begin a Clear Liquid Diet. No Solid Food.

NO SOLID FOOD. You may have water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon or clear broth, popsicles, and JELL-O. Avoid the color **red** in all liquids. Avoid alcohol.

Step 1: Open flavor packets. Empty contents of 1 packet per bottle.

Step 2: Fill the provided bottles with lukewarm water up to the fill line. After capping the bottles, gently shake the bottles until all the powder has mixed well (dissolved). For the best taste, refrigerate the solution for at least an hour before drinking. Do not freeze. Use within 24 hours.

4 PM: Step 3: Drink the contents of 1 Bottle, 8 ounces of solution every 15 minutes until the bottle is empty. Stay extremely close to your restroom. Keep the 2nd bottle refrigerated for later.

Take 4 GasX pills.

Over the next hour drink 1 additional 16-ounce glass of water.

11 PM: Repeat Step 3 from Day 1.

Stay extremely close to your restroom.

Take 4 GasX pills.

Over the next hour drink 1 additional 16-ounce glass of water.

Day of your colonoscopy

Continue Clear Liquid Diet. No Solid Food.

Take your regular morning medications at least 2 hours before your appointment.

No chewing tobacco for 6 hours prior to procedure.

DO NOT put ANYTHING in your mouth the 2 hours before your procedure.

This includes but is not limited to bowel prep, medication, hard candy, and chewing gum.

No Food. No Drink. 2 hours.

Take **ESSENTIAL** medications (blood pressure, heart, and seizure medications for example) **at least 2 hours before your exam.**

You also need to arrange for an **adult driver** who is able to walk on their own, help you in and out of a car, drive you home, and remain with you for 6 hours.

If these instructions have not been followed your appointment may be delayed or cancelled.

Return the receiver and journal on_____.

If you received these instructions by email, you will also receive an attachment with additional important information.

Please be extremely careful with this equipment and if you have any problems call our office.

If it is after hours we have an on-call doctor that can help you.

Any questions please call 503-399-7520 and press option 2 for scheduling.