

# SUFLAVE Constipation AM - Colonoscopy Preparation Instructions

**Appointment Date:**

**Check-In Time:**

**Procedure Performed by:**

## You will need:

- Your 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\*
- **Magnesium Citrate** - One 10oz. bottle (No Red). This is available over the counter in the laxative section.
- GasX or Simethicone gas relief capsules. Purchase over-the-counter. You will need 4 of these.

## Special Medication and Diabetic Directions: See separate instructions.

### 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.  
**When you awake, begin the Clear Liquid Diet. 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.

**5:00 pm:** Drink the 10 oz. bottle of Magnesium Citrate (No Red) followed by a full glass of water.

### 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 2 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 2 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.** Please do not take any narcotics or controlled substances, which include some anxiety medications until after your 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, chewing gum, and chewing tobacco.

#### **No Food. No Drink. 2 hours.**

You also need to arrange for an **adult driver** who can 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.**

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