

Suflave Colonoscopy Preparation

If you are being mailed your RX through Sebelo Pharmacy- you will receive a link via text message coming from this phone number 833-553-2747 to be able to order your prep. If you should lose the text or don't get the link, please go to sprxdirect.com/order, and follow the directions on the website. This needs to be done immediately so they can get it shipped out!

General Instructions

1. Please read and follow these instructions carefully. A well-done bowel preparation is vital to preventing colon cancer.
2. **If you have any questions regarding your bowel preparation, the timing of your procedure, or issues while taking your bowel preparation, please contact the on-call nurse for the hospital or endoscopy center where your procedure will be performed. The phone number for your facility is found on the last page of these instructions for your convenience.**
3. If you are on a blood thinner (Coumadin, Eliquis, Plavix, Xarelto, etc.), please see the attached special blood thinner instructions for management of these medications prior to your procedure.
4. If you have any questions, please call the facility at which your procedure will be performed. Please see the end of these instructions for a listing of all applicable facilities and phone numbers.
5. **Do not eat or drink anything after you have completed your bowel preparation. Please avoid eating or drinking for 2 hours prior to your procedure; if you eat or drink anything during the 2 hours prior to your procedure, your procedure may need to be rescheduled.**

Items to Purchase and Prepare Prior to Your Colonoscopy Preparation

1. Four simethicone (Gas-X) anti-gas chewables or soft gel tablets. (over the counter)
2. Suflave bowel preparation; this is a prescription that you need to pick up from your pharmacy at least 3-5 days prior to your procedure date or will be mailed to you if you chose that option when scheduling and the date is at least 10 days out.
3. Desitin or A&D skin ointment to protect the skin around your bottom. (optional)

Two Days Prior to Your Colonoscopy

1. Follow a low-fiber diet. Avoid nuts, seeds, popcorn, whole grains, and similar foods. This diet will improve your colonoscopy preparation.

The Day Prior to Your Colonoscopy

1. Follow a clear-liquid diet. Drink a large amount of clear liquids all day; it's important to begin your colonoscopy preparation as well-hydrated as possible. **Do not eat any type of solid foods.** Focus only on water, broth, coffee, Jell-O, tea, bouillon, soda, Gatorade, Crystal Light, etc. Stay well-hydrated all day. Avoid dairy and dairy substitutes. Avoid red, blue, and purple liquids.

2. We suggest pre- mixing both bottles in the morning and refrigerating for a better taste. To do that please take: 1 flavor packet with 1 bottle and fill the provided bottle with lukewarm water, cap the bottle and shake until the powder is mixed and place in the refrigerator. **(You will do this with both bottles.)**
3. At 5:00 pm you will open your first premixed bottle of your prep solution and drink 8 oz of solution every 15 minutes until the bottle is empty.
4. Over the next 4 hours, drink five 8-ounce glasses of water or a similar clear liquid (Gatorade, Crystal Light, etc.)
5. After your first bowel movement, apply a small amount of Desitin or A&D ointment to the skin around your bottom. Re-apply a small amount of ointment after every bowel movement to protect your skin.
6. At 7:00 pm, take 2 simethicone tablets.
7. At 8:00 pm, take 2 additional simethicone tablets.
8. Continue to drink water or a similar clear liquid until midnight if desired.

You will likely drink several glasses of water or a similar clear liquid before having your first bowel movement. Some abdominal pain, abdominal cramping, and abdominal bloating are expected. These symptoms should improve as you begin having bowel movements.

The Morning of Your Colonoscopy

1. 5 hours prior to your procedure, drink the final bottle of your premixed solution and remember to drink 8 oz of solution every 15 minutes until the bottle is empty, this should be done within the next 2 hours and then you will stop all fluids completely.
2. Please do not eat or drink anything for 2 hours prior to your procedure, this will include mints, gum and hard candies.
3. If you have any questions, please call the appropriate endoscopy facility your procedure is scheduled at as per the following page.

Endoscopy Facilities

Central Utah Surgical Center

(801) 374-0354
1067 North 500 West Suite 100 Building B
Provo, UT 84604

Timpview Surgical Center

(801) 492-5994
1175 East 50 South Suite 101
American Fork, UT 84003

American Fork Hospital Endoscopy Department

(801) 855-3361
170 North 1100 East
American Fork, UT 84003

Spanish Fork Hospital Endoscopy Department

(385) 344-6011
765 East Market Place Drive
Spanish Fork, UT 84660

Utah Valley Hospital Endoscopy Department

(801) 357-7743
1034 North 500 West
Provo, UT 84604

Mountain View Hospital Same Day Surgery

(801) 465-7576
1000 East 100 North
Payson, UT 84651

Timpanogos Hospital Same Day Surgery

(801) 714-6644
750 West 800 North
Orem, UT 84057