

Suflave Colonoscopy Preparation

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 a history of constipation, kidney disease, or heart failure, do not follow these instructions. Please call the Revere Health Endoscopy Scheduling department at (385) 203-1150 for alternative instructions.
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. Please continue to take vital medications such as blood pressure or seizure medications. Take these medications even the morning of your procedure. You may take these medications with a tiny amount of water if needed.
6. Follow a clear-liquid diet (as below) the entire day before your procedure. Do not eat any food the day before or the day of your procedure. You may continue to drink clear liquids (as outlined below) for up to 6 hours prior to your procedure, but do not drink anything (other than your bowel preparation as below) for at least 6 hours prior to your procedure. If you eat solid food the day before or the day of your procedure, or drink any liquids during the 6 hours prior to your procedure, your procedure may need to be canceled and rescheduled.

Items to Purchase and Prepare Prior to Your Colonoscopy Preparation

1. Four simethicone (Gas-X) anti-gas chewables or soft gel tablets.
2. Suflave bowel preparation; this is a prescription preparation that you need to pick up from your pharmacy at least 2 days prior to your preparation.
3. Desitin or A&D skin ointment to protect the skin around your bottom.

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 liquid all day; it's important to begin your colonoscopy preparation as well-hydrated as possible. Do not eat solid foods. Focus on water, broth, coffee, Jell-O, tea, bouillon, soda, Gatorade, Crystal Light, etc. Stay well-hydrated all day. Avoid dairy. Avoid red, blue, and purple liquids.
2. At 5:00 pm, mix 1 Suflave packet with lukewarm water filled to the Suflave bottle fill line and gently shake the bottle until the powder has dissolved in the water. You may refrigerate this solution prior to drinking it if desired.
3. Once the solution is ready, drink 8 ounces of the solution every 15 minutes until the bottle is empty.
4. Over the next 2 hours, drink at least an additional 16 ounces 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. 8 hours prior to your procedure, which may be 11:00 pm the night before your procedure if your procedure is scheduled at 7:00 am, mix 1 Suflave packet with lukewarm water filled to the Suflave bottle fill line and gently shake the bottle until the powder has dissolved in the water. You may refrigerate this solution prior to drinking it if desired.
2. Once the solution is ready, drink 8 ounces of the solution every 15 minutes until the bottle is empty.
3. Over the next 2 hours, drink at least an additional 16 ounces of water or a similar clear liquid (Gatorade, Crystal Light, etc.)
4. Please arrive on time for your scheduled procedure.
5. 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