

SuFlave

Day before your procedure: Drink Clear Liquids **ONLY**

Dose 1

Step 1: At 6 pm on the day prior to the procedure: Open 1 flavor enhancing packet and pour contents into 1 bottle.

Step 2: Fill the provided bottle with lukewarm water up to the fill line. After capping the bottle, gently shake the bottle until all the powder has completely dissolved. For best taste, refrigerate the solution for at least one hour before drinking.

Step 3: You will drink 8 ounces of the solution every 15 minutes until the bottle is empty.

Step 4: Drink an additional 16 ounces of water within the next hour of completing solution.

Dose 2

Step 1: At 9 pm on the day prior to the procedure: Repeat steps 1-3 as above.

Step 2: Drink an additional 16 ounces of water within the next hour of completing solution.

Nothing by mouth after midnight for morning procedures. *If your procedure is scheduled in the afternoon, you are allowed to have **clear liquids only** before _____ the morning of your procedure, then nothing by mouth after this time.*

Someone will need to bring you to and from the procedure. You cannot drive yourself and NO TAXIs.

Date: _____

Arrive at: _____

___ Digestive Health Center of Bedford, 1600 Central Dr, Suite 300; 817.318.0235

___ Harris HEB Hospital, 1600 Hospital Parkway; 817.848.2088

****If biopsies are taken, we will notify you of the results within 10 business days via phone or mail.****

****If you have any questions, please call Andrea at 817.267.8470, ext: 122**

You may be charged a \$100 fee if you reschedule or cancel without a 2 day advanced Notice.

Colonoscopy Prep Instructions

On the day prior to the procedure:
LIQUID DIET ALL DAY LONG. ABSOLUTELY NO SOLID FOOD.

The more you drink the better.

Clear liquids include: black coffee/ tea with sugar or any type of sweetener, carbonated beverages-includes coke, diet coke, Dr Pepper, Sprite, apple and white grape juice, lemonade, limeade, beef, chicken, vegetable, or Bone broth, Ensure Clear, Protein Premiere Clear, Gatorade/Crystal Light/Sobe/Powerade, Jell-o and popsicles/sorbet.

Avoid Alcohol, anything Red or Purple, Solid Foods or Milk or Milk products.

***Protein drinks come in mixed berry/pomegranate flavors and are okay to drink despite color.**

****NO ILLICIT DRUG USE 24 hours prior to procedure****

****If you are on Ozempic or Mounjaro, you must stop these medications ONE WEEK prior to your procedure.**

4 days prior to the procedure, hold all blood thinners and non-steroidal anti-inflammatory medications:

Brilanta	Aggrenox	Arixtra
Coumadin	Persantine	Ticlid
Pradaxa	Fragmin	Argatroban
Dalteparin	Diclofenac	Difusinal
Ketoprofen		

It is OK to continue aspirin 81 mg or 325 mg daily.

If you are diabetic:

1. Do not take your oral medication on the day of your procedure.
2. If you take insulin, take ½ of your usual dose the day before the procedure and hold your insulin the day of your procedure.
3. If you have an insulin pump, call your prescribing physician for dose adjustments.

Day prior to Procedure: Take all routine medications as you normally would, unless otherwise instructed as above.

Day of Procedure- All patients: Take Thyroid, Heart, Blood Pressure, Anti-Seizure, Breathing and /or Transplant Medications with a small sip of water before coming to the procedure. When you return home, you may take all regular medications as usual.

Please do not wear any make-up, cologne, and perfume or aftershave day of procedure.