

NEWBURYPORT GASTROENTEROLOGY

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SUFLAVE PREP INSTRUCTIONS

Thank you for choosing Newburyport Gastroenterology for your colonoscopy. We want to make sure that your procedure goes as smoothly as possible. **Please read all of the instructions in this packet at least 1 week prior to your colonoscopy.** All instructions should be followed or your colonoscopy may be cancelled. If you have any questions, please call us at 978-465-4622.

Arrival Time: We will confirm your arrival time 4 days before your procedure.

Procedure Location: Anna Jaques Hospital, 25 Highland Avenue, Newburyport, MA 01950

- Most patients are ready for discharge within 2 ½ hours of the scheduled arrival time but occasionally unforeseen events occur that could result in delays. You will be informed of any potential delays when you arrive.
- Your escort should be available to meet you within 30 minutes after we call.

Plan Ahead

- ☐ Arrange for an adult escort to take you home after your procedure.
- ☐ Read your prep instructions carefully. Plan to buy any items you will need for your prep.
- ☐ Please note that Anna Jaques Hospital policy requires that women up to age 55 years old have a pregnancy test prior to having any endoscopic procedure. When you arrive for your procedure, a registered nurse will screen you for the test and if needed, request that you provide a urine sample.
- ☐ Read the information about the day of your procedure in this packet. It will tell you what to bring.

It is very important that you keep this appointment. If you must cancel, please call us at least 5 business days before your appointment by calling 978-465-4622. Calling ahead allows us to reschedule your appointment and give that slot to another patient.

Shopping List and Diet

This information tells you what you will need to clean your bowels so that your doctor can see polyps or other problems inside your colon. If your bowels are not clean, you may have to reschedule your test. If you have questions about this colonoscopy prep, call your gastroenterologist.

Items you will need to buy one week before the colonoscopy:

- ☐ **Pick up the prescription of Suflave at your pharmacy.**
- ☐ **Simethicone anti-gas pills.** Any brand is fine. Examples include Gas-x, Mylanta Gas or Maalox Anti-Gas. You will need a total of 4 of these pills.
- ☐ **Milk of magnesia.** If you move your bowels 2 times a week or less or if you use a laxative more than 2 times a month, buy a bottle of milk of magnesia.

Diabetic Patients

- If you take pills to control your blood sugar such as **Glipizide, Glucotrol, Metformin, Actos, Januvia** or others, do not take it on the day of the colonoscopy.
- If you are taking GLP-1 antagonist such as **Saxenda, Byetta, Victoza**, stop this the day before the procedure.
- If you are taking GLP-1 antagonist such as **Wegovy, Ozempic or Trulicity weekly, this will need to be held 1 week prior to the procedure.**
- If you are taking regular insulin or **NPH insulin**, do not take it on the day of the procedure.
- If you take other insulin medications such as **Lantus, Humalog or 70/30 insulin**, it is recommended that you take ½ your usual dose the evening before your colonoscopy and none the day of the procedure.

One week before the procedure – Patients on blood thinners

- If you use **Aggrenox, Arixtra, Coumadin, Warfarin, Brilinta, Effient, Elikvis, Plavix, Pletal, Pradaxa, Ticlid, Xarelto or any blood thinner (anti-coagulant)**, please follow the instructions for stopping or not stopping these medications that were provided by your gastroenterologist. If you did not receive instructions, or have additional questions, please call the office at 978-465-4622.
- If you take a daily dose of aspirin, there is no need to discontinue it unless your gastroenterologist specifically told you to do so.

- If you take NSAID's such as Naprosyn, Aleve, Ibuprofen or Advil, these do not need to be discontinued unless your gastroenterologist specifically told you to do so.

Seven (7) days before your procedure:

If you take iron pills, vitamins and/or herbal supplements, stop taking them 7 days before your procedure.

Three (3) days before your procedure:

Start your low fiber / low residue diet now. Don't eat popcorn, seeds, nuts, salad, corn, beans, peas, whole grain or wheat breads, raw fruits or raw vegetables (well-cooked fruits and vegetables are acceptable) until after your procedure.

Two (2) days before your procedure:

If you move your bowels 2 times a week or less or if you use a laxative more than 2 times a month, at **bedtime**, take 4 tablespoons of milk of magnesia

One (1) day before your procedure:

Follow a clear liquid diet only. Clear liquid is any liquid that you can see through. **Do not drink any red, purple or orange liquids.** Examples of clear liquids include water, tea, black coffee, clear broth or bouillon, apple juice, white grape juice, sodas, ginger-ale, and sports drinks like Gatorade and Jell-O.

Remember – the day before your procedure, don't drink or eat:

- solid foods
- dairy products
- alcoholic drinks

PREPARING THE PREP:

- Open 1 flavor enhancing packet and pour the contents into 1 bottle. Do the same with the second bottle. Fill the provided bottles with lukewarm water up to the fill line. Cap the bottles and shake gently until all the powder has dissolved and is mixed well. For the best taste, refrigerate the solution before drinking and use within 24 hours. Do not freeze.
- You will need to purchase 4 Gas X (simethicone) tablets which, are available over the counter at your local pharmacy.

6 pm (evening before the colonoscopy) - DOSE ONE (1)

- Start with one bottle - drink 8 ounces of solution every 15 minutes until the bottle is gone.
- Drink an additional 16 ounces of water throughout the evening.
- If nausea, bloating or abdominal cramping occurs, pause or slow the rate of drinking the solution and additional water, until symptoms have diminished.

9 pm (the night before your procedure)

- Take 2 gas X pills (simethicone) with 8 ounces of clear liquid.

Day of your procedure:

If your arrival time is early in the morning, you will need to finish drinking the laxative in the early morning hours even if this means you will not get much sleep.

6 hours before your scheduled procedure time – Dose 2

- Drink the second bottle of laxative solution. Again drinking 8 ounces every 15 minutes until the bottle is gone.
- Drink an additional 16 ounces of water until 3 hours before the procedure time.
- Again, take your time and drink slowly.
- Take 2 Gas X or (Smethecone) tablets with 8 ounces of clear liquid.

3 hours prior to scheduled procedure time

- **Stop drinking all liquids.**
- **Do not eat any food.**
- **If you drink liquids, chew gum, eat hard candy or eat any food within 3 hours of your procedure, it will need to be postponed or cancelled.**

Additional Information:

- **NOTHING BY MOUTH 3 HOURS PRIOR TO PROCEDURE**
- **YOU WILL NEED TRANSPORTATION ARRANGMENTS:**
You will need someone to drive you home.
You cannot walk home.
A taxi is permissible only if you are accompanied by a responsible adult.
- Leave valuables at home. Wedding bands may be left on.
- **BE SURE TO TAKE ALL OF YOUR PRESCRIBED MORNING MEDICATIONS AS YOU USUALLY DO WITH A SMALL SIP OF WATER, UNLESS INSTRUCTED OTHERWISE BY THE PHYSICIAN.**

- **If you are on a Beta-Blocker medication (metoprolol, atenolol, nadolol, propranolol etc.),
BE SURE TO TAKE THIS THE MORNING OF YOUR PROCEDURE.**
- **Please bring inhalers and diabetes medications with you to the hospital if applicable.**
- After your procedure, instructions will be written down prior to you going home. You may also contact the office with any questions.

PLEASE NOTE:

- If you are unable to keep your appointment on the date scheduled, please call our office to reschedule as soon as possible. A 72-hour advanced notice is desirable. Please be advised that scheduling is done by medical necessity.
- We will contact you four days prior to your procedure to confirm the time to arrive. You will need to arrive at the Anna Jaques Surgical Day Area 45 minutes prior to your procedure time unless otherwise instructed. If you are delayed, please call the Endoscopy Unit at 978-463-1273.
- Your privacy and the privacy of all other patients is important to us. Please limit the number of escorts/family members who accompany you to the Hospital.