

Education

Suflave Colonoscopy Prep Instructions

What you need:

1. Suflave prep kit. Prescription. ***Do not follow the instructions on the Suflave box.***
2. Two Simethicone anti-gas tablets. (Gas X or Phazyme) Purchase over the counter.

You must stop drinking all liquids at least 2 hours before your procedure.

One (1) Day Before your Procedure:

Step 1. Start a clear liquid diet beginning the day prior to your scheduled procedure. Examples include: water, flavored water, sports drinks, sodas, fruit juices without pulp, Popsicles, Jell-O, clear broth, tea without cream or milk, and coffee without cream or milk.

**Avoid liquids that are red, orange or purple in color.*

**Remember to avoid solid food and non-clear liquids including Boost and similar protein drinks.*

**Pre-mixing and chilling your prep in the refrigerator earlier in the day is permitted.*

**Please continue to drink the entire prep even if your stool looks clear or you feel cleaned out.*

Step 2. At 4:00 pm open 1 flavor enhancing packet and pour the contents into 1 bottle, add lukewarm water to the fill line of the bottle. Take 2nd flavor enhancing packet and pour the contents into the 2 bottle, add lukewarm water to the fill line of bottle. Shake till mixed and put in refrigerator. Do not freeze.

Helpful hints: *Drinking it with a straw may improve tolerability. If you develop nausea or vomiting, pause for 30 minutes before slowly resuming the remainder of the prep.*

Step 3. At 6:00pm take the one simethicone tablet followed by the 1st bottle. Drink 8oz of the solution every 15 minutes until gone. Drink ALL the liquid in the bottle. Then drink an additional 16 ounces of clear liquid after the solution is gone.

Step 4. Continue to hydrate with clear liquids before bedtime.

Step 5. Get some sleep.

Step 6. At (5 hours before arrival time) take one simethicone tablet. Then take 2nd bottle out of refrigerator. Drink 8oz of the solution every 15 minutes until gone. Drink ALL the liquid in the bottle. Then drink an additional 16 ounces of clear liquid after the solution is gone.

Step 7. *This is a good time to take your usual morning meds. Delay taking insulin and oral diabetes meds until after your procedure.*

Your bowel prep is now complete! Do not take anything else by mouth until after your procedure.

Please call BGA at 205-271-8000 between 8:30am and 5:00pm **at least 48 hours before your procedure** if you have any questions or need to reschedule.