

Your Guide to
Colonoscopy Suflave
at Fairfield Medical Center



Medications that you will need

A prescription for Suflave will be sent to your pharmacy. Please follow the directions below when taking your Suflave. If your pharmacy does not receive this prescription, please call the office at: _____.

How to take medications for colonoscopy

On the day **BEFORE** your colonoscopy

Only eat foods listed below on the day before your colonoscopy

- Water
- Coffee with **NO** creamer
- Tea with **NO** creamer
- Broth (beef, chicken or vegetable) (no meat, noodle or vegetable pieces)
- Apple or white grape juice
- Sprite, ginger ale and 7-Up
- Gatorade or PowerAde (**no red, blue or purple**)
- Popsicles (**no red, blue or purple**)
- Jell-O (**no red, blue or purple**)

If you are diabetic, please buy sugar free options

At 6 p.m.

1. Prepare your Suflave mixture: Open one Suflave packet and pour contents into provided bottle.
2. Fill provided bottle with lukewarm water up to the fill line. After capping the bottle, gently shake the bottle until all powder has dissolved. Refrigerate the solution for an hour prior to drinking. Do not freeze. Use within 24 hours.
3. Drink eight (8) oz. of Suflave mixture in bottle every 15 minutes until the bottle is empty.
4. **Drink an additional 16 ozs. of water during the evening.**
If drinking the Suflave mixture makes you sick to your stomach you can try drinking it slower. Some nausea and bloating is normal.

On the day of your colonoscopy

Five (5) hours before the time of your colonoscopy

Example: If your colonoscopy is scheduled for 9 a.m. you should start drinking your Suflave mixture at 4 a.m. It should be finished by 6 a.m. Do **NOT** drink **ANYTHING** after 7 a.m.

1. Prepare your Suflave mixture: Open one Suflave packet and pour contents into provided bottle.
2. Fill provided bottle with lukewarm water up to the fill line. After capping the bottle, gently shake the bottle until all powder has dissolved. Refrigerate the solution for an hour prior to drinking. Do not freeze. Use within 24 hours.
3. Drink eight (8) ozs. of Suflave mixture in bottle every 15 minutes until the bottle is empty.
4. **Drink an additional 16 ozs. of water during the morning.**
 - Stop drinking liquids at least two (2) hours prior to colonoscopy.
 - If drinking the Suflave mixture makes you sick to your stomach you can try drinking it slower. Some nausea and bloating is normal.

You cannot have anything to eat or drink **EXCEPT** your Suflave mixture on the morning of your colonoscopy.

You can take your medications with a sip of water the day of your colonoscopy unless told not to take them by your doctor.

Be sure to have finished your Suflave mixture and taken your medications at least two (2) hours before your colonoscopy. You should have **NOTHING** to drink two (2) hours before your colonoscopy.

Procedure Date: _____ Provider: _____

Location: _____

Arrival Time: You will be contacted the day before your procedure by Fairfield Medical Center for the arrival time (The Friday before if you have a Monday procedure). Calls will be made sometime prior to 5 p.m.

Colonoscopy Suflave, Continued

Things to remember

- Reminder: You cannot have anything to eat or drink (including water) the day of your procedure except your bowel prep and a small sip of water to take your medicine.
- Someone has to drive you to the hospital, stay at the hospital until you are done and drive you home. You cannot drive the day of your colonoscopy. **If you do not have someone to do these things, your colonoscopy will be cancelled.**
- If you take an iron supplement, stop taking them five (5) days before your procedure to avoid discoloration of your stool.
- The office will let you know which of your medications need to be stopped and for how long. Some of the most commonly adjusted medications include blood thinners and diabetic medications. Medication instructions:
 - _____
 - _____
 - _____
- If drinking the Suflave mixture makes you sick to your stomach you can try drinking it slower. Some nausea and bloating is normal.
- Your poop should be all liquid. It should not be brown in color. It should look clear to yellow. You will need to reschedule if it does not look like this the morning of your colonoscopy.
- If you need to cancel your colonoscopy you will need to call your doctor's office.

The phone number is: _____



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