



James P. Nealon, MD, FACS  
Liska L. Havel, MD, MPH

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## **SUFLAVE - Colonoscopy Preparation Instructions**

**Your Colonoscopy will be at Legacy Silverton Hospital**

### **You will need:**

- Your SUFLAVE bowel prep. Please pick it up ahead of time. This prescription was sent to your pharmacy when your procedure was scheduled. \*Please contact our office if the prescription is not covered or has a high cost\* Make sure you give your coupon to the pharmacist to receive a discount.
- GasX or Simethicone gas relief capsules. Purchase over the counter. You will need 4 tablets/capsules.

### **One week before**

- Stop taking iron pills, vitamins, herbal supplements in pill form, Aspirin, Ibuprofen, Plavix, Coumadin, or any blood thinner unless otherwise directed by physician. Stop taking Trulicity, Ozempic and Mounjaro
- Take your usual prescription medication during prep unless told not to.
- Tylenol is OK if needed.
- Avoid foods with seeds (flax seeds, popcorn, nuts, and berries).

### **Two days before**

- Stop taking fiber supplements: Metamucil, Citrucel, etc.
- Avoid celery and salad.

### **ONE Day before your colonoscopy**

- (If you take Metformin, please hold until after your colonoscopy, do not take it on the day before your procedure. If you take Lisinopril, please hold your usual dose until after the procedure.)

### **When you wake up, begin a Clear Liquid Diet. No Solid Food.**

**NO SOLID FOOD.** You may have water, clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon or clear broth, popsicles, and JELL-O. Avoid the color red in all liquids. Avoid alcohol. No coffee, no tea, no milk or non-dairy milks and no energy drinks.

**Step 1:** Fill the provided bottles with lukewarm water up to the fill line. After capping the bottles, gently shake the bottles until all the powder has dissolved. For the best taste, refrigerate the solution for at least an hour before drinking. Do not freeze. Use within 24 hours.

**Step 2:** Open flavor packets. Empty contents of 1 packet per bottle, if needed for taste

**Step 3: At 4:00PM** Drink the contents of 1 Bottle, 8 ounces of solution every 15 minutes until the bottle is empty. Stay extremely close to your restroom. Keep the 2nd bottle refrigerated for later.

### **Take 2 GasX pills.**

Over the next hour drink an additional 16-ounces of water during the evening

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- **IMPORTANT:** If nausea, bloating, or abdominal cramping occurs, pause, or slow the rate of drinking the solution and additional water until symptoms diminish.
- Blood Pressure and Heart Medications: take these medications with a sip of water if you have been instructed.
- If you take Lisinopril, please hold your usual dose until after the procedure.

### **9 PM: Repeat Step 3.**

Stay extremely close to your restroom.

### **Take 2 GasX pills.**

Over the next hour drink 1 additional 16-ounce glass of water.

## **Day of your Colonoscopy**

### **Continue Clear Liquid Diet. No Solid Food.**

- Take your regular morning medications at least 4 hours before your procedure. Do not take any narcotics or controlled substances, which include some anxiety medications until after your procedure.
- Blood Pressure and Heart Medications: take these medications with a sip of water if you have been instructed to take them.
- If you take Lisinopril, please hold your usual dose until after the procedure.

### **DO NOT put ANYTHING in your mouth 2 hours before your procedure.**

- **This includes but is not limited to: bowel prep, medication, hard candy, chewing gum and chewing tobacco. No Food. No liquids.**

**Important:** You also need to arrange for an **adult driver** that can walk on their own, help you in and out of a car, drive you home and remain with you for 6 hours. **If these instructions have not been followed your appointment may be delayed or cancelled.** If you develop significant vomiting or signs of dehydration after taking SUFLAVE or if you experience cardiac arrhythmias or seizures call our office. **If you need to cancel and reschedule, please call our office at (503) 874-0574.**