

# COLONOSCOPY – DIET AND LAXATIVE BOWEL PREPARATION – SUFLAVE

*US Digestive Health / Springfield ASC 215.402.0600*

**\* 7 DAYS PRIOR TO YOUR PROCEDURE:** Review Medication handout, obtain laxative preparation-prescription is required.

**\* 3 DAYS PRIOR TO YOUR PROCEDURE:** AVOID WHOLE GRAINS, NUTS, CORN, POPCORN & SEEDS

### WHAT TO EXPECT AFTER TAKING PREPARATION.

- Most start having bowel movements within an hour or two of starting the laxative, but sometimes longer. Stay close to a bathroom. Most have multiple bowel movements which become watery like diarrhea.
- After the second dose and before you leave to come to the appointment the stools should become clear of solid material and **should look like urine in the toilet water, clear or yellowish, NOT brown.**

*Bloating, chills and/or nausea and vomiting are not uncommon after the first few glasses. This is usually temporary and improves. If you develop persistent vomiting, severe discomfort, or bloating, stop taking the prep for a while until the symptoms go away. If vomiting persists, stop the preparation, and call our office 215-402-0600*

### **FOLLOW THESE DIRECTIONS AND NOT ANY OTHERS FROM PREP KIT, INTERNET, ETC.**

#### **1 DAY BEFORE YOUR PROCEDURE: START PREP. NO SOLID FOOD AFTER NOON**

<b>PREP / CLEAR LIQUIDS ONLY NO SOLID FOOD</b>	<b>BEFORE 12 NOON</b>	<b>NO FIBER DIET – only milk, yogurt, white bread, cheese, plain eggs, cottage cheese AND/OR CLEAR LIQUIDS</b> (see below)
	<b>BETWEEN 12 NOON AND 3 HOURS BEFORE ARRIVAL TIME</b>	<b>CLEAR LIQUIDS ONLY-</b> liquids you can see through. <b>No pulp, No RED or PURPLE</b> Water, Clear beverages / soda / sport drinks / fruit juices without pulp, Coffee or Tea (no milk, creamer or cream), Jell-O, Popsicles, Water ice, Clear hard candy, Clear broth
	<b>5-7 PM to Bedtime FIRST DOSE OF PREP</b>	<ul style="list-style-type: none"> <li>• Fill bottle with lukewarm water to fill line. Add flavor enhancing packet if desired for more flavor. <b>Cap bottle and shake until the powder is completely dissolved.</b> Some prefer it chilled before drinking.</li> <li>• <b>Drink 8-ounces of the solution every 15 until bottle is empty.</b></li> <li>• <b>Drink AT LEAST 16-ounces MORE</b> of water or clear liquid before bedtime. Drinking more usually leads to a better preparation and complete and thorough examination</li> </ul>

#### **DAY OF YOUR PROCEDURE: NO SOLID FOOD. NO SMOKING. NOTHING IN MOUTH FOR 3 HOURS BEFORE**

<b>PREP / CLEAR LIQUIDS ONLY NO SOLID FOOD NO SMOKING</b>	<b>FIVE (5) hours _____AM/PM until 3 hours before arrival time SECOND DOSE OF PREP</b>	<ul style="list-style-type: none"> <li>• Fill 2nd bottle with lukewarm water to fill line. Add flavor enhancing packet if desired for more flavor. <b>Cap bottle and shake until the powder is completely dissolved.</b> Some prefer it chilled before drinking.</li> <li>• <b>Drink 8-ounces of the solution every 15 until bottle is empty.</b></li> <li>• <b>Drink AT LEAST 16-ounces MORE</b> of water or clear liquid before you need to stop drinking (<b>no later than 3 hours before arrival time</b>).</li> <li>• <b>Take any necessary morning medications no later than three hours prior to the arrival time</b></li> </ul>
	<b>THREE (3) hours _____AM/PM before arrival time until after procedure</b>	<ul style="list-style-type: none"> <li>• <b>PUT NOTHING IN YOUR MOUTH UNTIL AFTER PROCEDURE.</b></li> <li>• No food, no drink, no medicine, no gum, no candy, nothing to smoke.</li> </ul>

**For questions about the preparation, medications or to reschedule your appointment, call 215-402-0600 between 8:30AM and 4:00PM**