

# Gastroenterology

## Colonoscopy Prep Instructions: Suflave MAC Anesthesia

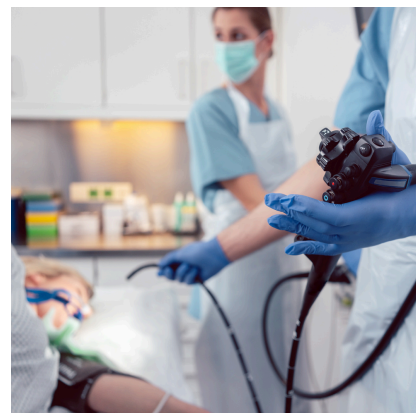
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A Member of Centralus Health



# Colonoscopy Prep Instructions: Suflave MAC

*A reminder that a prep prescription has been sent by the provider to the patients pharmacy. Please call your pharmacy about a week prior to your procedure to request the prescription be filled for pick up.*

You will be undergoing a colonoscopy, which is a procedure during which a flexible tube with a camera at the end will be inserted into your rectum to assess for polyps or other colon abnormalities. Through this scope, polyps and tissue biopsies/removal can be performed.

## **Important:**

- No vitamins or supplements for 24 hours prior to the procedure.
- No iron supplements for 5 days prior to the procedure.
- Except for baby aspirin (81mg), do not use NSAIDS for 5 days prior to procedure. This includes ibuprofen, regular strength aspirin, meloxicam, naproxen, etc.

## **Patients on anticoagulants/ blood thinners:**

-If you use Aggrenox, Arixtra, Brilinta, Effient, Eliquis, Plavix, Pletal, Pradaxa, Ticlid, Xarelto, or any blood thinner (anticoagulant) or an anti-platelet drug, most patients need to stop taking these 5 days prior to procedure.

***-Please speak with your physician who orders this medication before stopping.***

-If you use a blood thinner named Coumadin, Warfarin, or Jantoven, you will need special instructions about stopping this drug before the procedure. *The timing of this is very important!*

- If you are followed by a Coumadin Clinic, **please contact the Coumadin Clinic for instructions before stopping**, to see if they prefer that you use an alternative anticoagulant.

- If you are NOT followed by a Coumadin Clinic, **please contact your physician who orders this for instructions.**

**If you need assistance, contact the GI office for help. (607) 339-0788.**



## **Program:**

### **1. Three days prior to colonoscopy**

- Switch to a low fiber diet. See page 4 for examples.
- Stop fiber supplements (example: FiberCon, Metamucil, psyllium husk, or Citrucel)

### **2. Two days prior to colonoscopy**

- Continue the low fiber diet
- **ONLY IF RECOMMENDED TO DO AN EXTENDED PREP - Starting between 3-5pm:** Drink the entire bottle of magnesium citrate over one hour followed by a full glass of water. This will produce a bowel movement within 30 minutes to 6 hours.

**( INSTRUCTIONS CONTINUED ON PAGE 3 )**

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## 3. One day prior to colonoscopy

- Stop taking your vitamins and supplements unless otherwise instructed.
- May have a low fiber breakfast early in the morning. See page 4 for low fiber food examples.
- Switch to clear liquids for the rest of the day. **NO RED OR PURPLE DYES.** See page 4 for clear liquid examples.
- Absolutely **NO** dairy, pulp or alcohol.
- **Starting at 3pm:** Start your bowel prep. Follow all package instructions. For reference, find your prep from the list of instructions below. When in doubt, follow the BOWEL PREP PACKAGE INSTRUCTIONS FOR USE.
  - **Step 1:** Open both flavor enhancing packets and pour the contents of one packet into each bottle.
  - **Step 2:** Fill the provided bottles with lukewarm water up to the fill line. After capping the bottles, gently shake them until all powder has mixed well (dissolved). For best taste, refrigerate the solution for an hour before drinking. Do not freeze. Use within 24 hours.
  - **Step 3:** Drink 8 ounces of solution every 15 minutes until the bottle is empty.
  - **Step 4:** Drink an additional 16 ounces of water during the evening.
- It is important for you to finish **ALL** of your prep solution.
- Goal is to pass yellow or clear liquid stools.
- **If you are having difficulty with your prep, call the office at (607) 339-0788.**

## ✓ DAY OF PROCEDURE - MAC Anesthesia (scheduled in hospital OR)

- Starting 5 hours prior to scheduled appointment, complete bowel prep according to package instructions.
  - Drink the 2<sup>nd</sup> bottle of SuFlave with additional liquid as detailed in step 2 and 3 above.
- **Stop drinking all liquids 4 hours prior to your exam.**
- You may take all of your regular/approved prescription medications up to **4 hours** prior to your procedure.

## ✓ AFTER THE PROCEDURE

- Absolutely **NO** driving or important decision-making, returning to work, operating machinery, swimming, climbing ladders, or any activity that requires you to be alert and coordinated.
- May resume your regular medications unless instructed otherwise.
- You may resume all usual activities the next day.



## Examples of a Low Fiber Diet

| <b>EAT FOODS LIKE THESE</b>     | <b>DO <u>NOT</u> EAT</b>                  |
|---------------------------------|---|
| White bread                     | Whole grain bread, cereals, granola bars  |
| White rice or noodles           | Brown or wild rice or quinoa              |
| Plain crackers and potato rolls | Whole wheat crackers and rolls            |
| Canned fruit without skin/seeds | Raw vegetables and fruits with skin/seeds |
| Skinless chicken or turkey      | Tough meat or meat with skin              |
| Fish and other sea foods        | Nuts, popcorn, or seeds                   |
| Skinless cooked potato          | Potato skin                               |
| Eggs and dairy                  | Cornbread or pumpernickel                 |
| Vanilla wafers, ginger snaps    | Cookies with whole grain, nuts or seeds   |

## Examples of Clear Liquids

| <b>OKAY TO DRINK (CLEAR)</b>   | <b>DO <u>NOT</u> DRINK (NOT CLEAR)</b>   |
|--|--|
| Water (plain, flavored, carbonated)                                    | Milk, ice cream, nut/coconut-based frozen desserts, pudding                        |
| Soft drinks (cola, ginger ale, etc.)                                   | Broth, bone broth, stock   |
| Sports drinks (Gatorade, Powerade)                                     | Red or purple soda or sports drinks  |
| Juice without pulp (apple, <b>white</b> cranberry, <b>white</b> grape) | Red/purple juice (cranberry, grape) AND Juice with pulp (V8, orange, mango)        |
| Tea, coffee with sugar (no dairy)                                      | Soups with cream, meat, vegetables   |
| Jell-O, ice-based popsicles, Italian Ice, sorbet (yellow, blue, green) | Red or purple Jell-O/popsicles, fruit or dairy-based popsicles/Fudgsicles, sherbet |
| Ensure Clear/Boost Breeze nutritional drink                            | Ensure/Boost Original nutritional drink  |