



Name: _____ DOB: _____ Date of Exam: _____

Colonoscopy Pre and Postoperative Instructions

SUFLAVE

Please contact your facility to pre-register

Mat-Su Regional Hospital at (907) 861-6858

Susitna Surgery Center: (907) 861-6540

The facility does not schedule the times for the colonoscopies until the day before.

Someone from the hospital/surgery center will call you the afternoon before the colonoscopy with the time to arrive at the hospital. If you have not heard from them, you may call our office at the number above, after 2:30 pm the day before your scheduled procedure for the time of arrival. Read all instructions before beginning your prep.

Please arrange a ride with a family member (18+) or close friend from the hospital/surgery center. You must have a ride to take you home, no public transportation allowed unless you are still accompanied by another responsible adult (not the cab driver).

Special Instructions/Medications to Hold:

Five Days Before Your Colonoscopy (Prep Day)

To ensure a clean colon for a successful procedure, avoid high-fiber foods 5 days before your colonoscopy. Key items to avoid include nuts, seeds (sesame, chia, flaxseed), popcorn, whole grains (brown rice, quinoa, oatmeal, bran, granola), raw vegetables, beans, and fruits with skins or seeds. Opt for low-fiber, white-flour products, cooked vegetables, and tender meats instead.

One Day Before Your Colonoscopy (Prep Day)

- Upon waking, begin a clear liquid diet.
- The entire day you may have clear liquids ONLY, NO SOLID FOOD!
- DO NOT EAT OR DRINK ANYTHING RED OR PURPLE

Clear liquids allowed are as listed: coffee, tea, water-either carbonated or regular, Gatorade (no red or purple), clear sodas (sprite/ginger ale), and clear juices (apple, pear, white grape), Jell-O (without fruit chunks), clear soups (bouillon or broth), sugar, and artificial sweeteners.

NOT ALLOWED ON A CLEAR LIQUID DIET: Milk, cream, soymilk equivalent, artificial creamer. Juices with pulp like orange, grapefruit, pineapple, tomato, V-8, and alcohol are NOT allowed.

IF YOUR ARRIVAL TIME IS 10AM OR BEFORE, YOUR FIRST PREP DOSE IS AT 4PM AND YOUR SECOND PREP DOSE IS AT 9PM

If arrival is after 10am please follow the times as written below.

1st Prep Dose

- **At 5 pm**, it's time to prepare and drink some of your SUFLAVE® mixture.
- **Step 1** - Open 1 flavor-enhancing packet and pour the contents into 1 bottle.

Shannon Gulley, M.D., F.A.C.S. • Kaitlin Peace, M.D., F.A.C.S

425 East Dahlia Ave., Suite J, Palmer, AK 99645 • Phone 907-746-1520 • Fax 907-746-1521



- **Step 2** - Fill the provided bottle with lukewarm water up to the fill line. After capping the bottle, gently shake the bottle until all the powder has mixed well (dissolved). For the 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.

2nd Prep Dose

- **No later than 5-8 hours prior to your arrival time** but no sooner than 4 hours from when you started dos - prepare and drink more of the SUFLAVE mixture.
- **Step 1** -Repeat Step 1 to Step 3 from the 1st prep dose instructions.
- **Step 2** -Drink an additional 16 ounces of water during the next hour.
- **AFTER COMPLETING THIS DOSE, NOTHING TO DRINK EXCEPT WATER UNTIL 3 HOURS PRIOR TO YOUR ARRIVAL TIME. NOTHING TO PASS THROUGH YOUR LIPS STARTING 3 HOURS PRIOR TO YOUR ARRIVAL TIME.**

Note

- **You must be finished drinking the SUFLAVE mixture, the 16-ounce containers of water, and any additional water three hours prior to your scheduled arrival time.**
- A bowel movement will usually occur within an hour after the first bottle of the SUFLAVE mixture. Do not worry if this does not happen for three to four hours. Everyone is different.
- Watery and frequent bowel movements will occur until the bowel is fully cleansed.
- The end result should be clear or pale, colorful (typically yellow) liquid stool.
- Refrain from taking oral medications within 1 hour of starting each dose, they will not be absorbed properly.
- Refrain from taking any other laxatives while using this prep.
- If you experience preparation-related symptoms of nausea, bloating, or cramping, then you should pause or slow the rate of drinking the additional water until your symptoms diminish.

After your Colonoscopy

- We suggest you relax and take a nap. You may eat if you are not feeling sick to your stomach.
- We recommend you eat something light, avoid fried foods, fatty foods, and large quantities of food.
- It usually takes 1-2 days for a normal bowel movement to return. Some cramping or bloating is normal. The best way to get rid of the cramping is by passing air or gas (farting or burping).
- Call us right away for:
 - Severe or new onset abdominal pain that doesn't improve by passing gas.
 - Rectal bleeding that turns the entire toilet bowl red (more than half of a cup).
 - Fever greater than 101.5 F or chills, or severe dizziness, fainting or chest pain.
 - Vomiting blood, black or coffee ground looking material.

I have read and understand the above instructions.

Date

Patient/Guardian

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SUFLAVE

Day before your colonoscopy

Upon waking, begin a clear liquid diet.

Not allowed: milk, cream, soy milk, juices with pulp (OJ, grapefruit, pineapple, tomato), red and purple liquids.

Allowed: coffee, tea, water, gatorade (no red or purple), clear sodas, clear juices (apple, pear, white grape), clear soups (bouillon or broth), sugar, artificial sweetener.

At **5 pm** begin your first dose. You may continue clear liquids until your second dose.

No

Is your arrival time 10 am or earlier?

Yes

At **4 pm** begin your first dose. You may continue clear liquids until your second dose.

5-8 hours prior to procedure, but no sooner than 4 hours from starting first dose, start your second dose.

AFTER SECOND DOSE NOTHING TO DRINK EXCEPT WATER

NOTHING TO PASS THROUGH YOUR LIPS AFTER COMPLETING SECOND DOSE. YOU MUST BE FINISHED WITH THE PREP AND ANY CLEAR LIQUIDS 3 HOURS PRIOR TO ARRIVAL TIME.

Each Dose:

1. Pour 1 flavor-enhancing packet into 1 bottle.
2. Fill the provided bottle with lukewarm water up to the fill line. After capping the bottle, shake gently until all powder has dissolved. For the best taste, refrigerate the solution for an hour before drinking. Do not freeze. Use within 24 hours.
3. Drink 8 ounces of solution every 15 mins until the bottle is empty.
4. You **MUST** drink an additional 16-ounces of water over the next hour.

At **9 pm** start your second dose

AFTER SECOND DOSE NOTHING TO DRINK EXCEPT WATER

NOTHING TO PASS THROUGH YOUR LIPS AFTER COMPLETING SECOND DOSE. YOU MUST BE FINISHED WITH THE PREP AND ANY CLEAR LIQUIDS 3 HOURS PRIOR TO ARRIVAL TIME.

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