

Roger Kao, M.D.

Scott Levenson, M.D.

DIGESTIVE CARE ASSOCIATES 1000 LAUREL STREET SAN CARLOS, CA 94070 (650) 596-8800

www.digestivecarecenter.com

COLONOSCOPY

SUFLAVE BOWEL PREPARATION INSTRUCTIONS

Patient's Name: _____

Procedure Location: **Digestive Care Medical Center** (650) 596-8800 (scheduling/after hr)
1000A Laurel Street, San Carlos, CA (650) 596-8118 (nursing)

Date and Time of Procedure: _____ **ENTER ON MORSE ST.**

Arrival Time: _____

Purpose of Procedure: To evaluate the colon with a flexible instrument.

Preparation: Obtain the prescribed SUFLAVE Bowel Prep Kit from a pharmacy.

- **5 Days Before:** Stop taking any anti-diarrheals (e.g. Imodium), Plavix, warfarin, ibuprofen, naproxen, iron, aspirin in dose > 81mg, GLP-1 drugs (Ozempic, Wegovy, Trulicity, Mounjaro, etc)
- **3 Days Before:** Avoid whole grain bread, high fiber cereals, fiber supplements, nuts, seeds, granola.
- **2 Days Before:** Stop Eliquis, Pradaxa, Savaysa, Xarelto, if allowed by your prescribing doctor.
- **One Day Before:**
 1. Drink **only clear liquids the entire day** (Gatorade, clear broth, apple juice, cranberry juice, grape juice, soda, tea, black coffee and jello). **No red jello. No alcohol. No solid food.**
 2. **At 4pm or later**, fill the provided SUFLAVE bottle with lukewarm water, gently shake the bottle until all powder has been dissolved. For best taste, refrigerate for an hour before drinking. Drink 8oz of solution every 15 minutes until bottle is empty. Drink at least another 16oz of clear liquids during the evening. (Note that responses to laxatives vary; it may take anywhere from 30 minutes to 4 hours to cause diarrhea)
- **Day of Procedure:**
 1. **Starting 4-6 hours before procedure**, repeat the same steps and drink dose 2 of SUFLAVE. Mix with lukewarm water, shake until dissolved and then drink 8oz every 15 min until complete. Drink additional 16oz of clear liquids during the morning.
 2. Nothing to drink for 2 hours prior to the exam. Take your usual morning medications (particularly blood pressure medications other than diuretics) with sips of water.

Please note:

- If you are diabetic or take blood thinners check with your doctor about specific instructions.
- Arrange for someone to drive you home (not Uber, taxi or bus) and be prepared to be at the endoscopy center for 90 minutes. **You will not be able to drive for the remainder of the day of your procedure.**
- Please call the Center at (650) 596-8118 or the Office at (650) 596-8800 for any questions about the preparation or procedure. Please call 596-8800 **at least** one week prior to exam if you must cancel. **NOTE: There is a \$300 charge for procedures cancelled within 5 business days of scheduled date.**
- **The procedure will result in bills from the doctor (Digestive Care Associates) AND facility (Digestive Care Medical Center).** We will collect a \$300 deposit if yearly deductible has not been met.