

# SUFLAVE COLONOSCOPY

## BOWEL PREP INSTRUCTIONS

**Read this today.** Some medicines must stop **7 days** before your procedure. Follow **THESE** steps. Do **NOT** follow the steps that come in the prep box.

**CANCEL POLICY:** Need to cancel or change your visit? Call us at least **5 business days** before (weekends do not count). If you miss your visit or cancel late, you will pay a **\$300 fee**.

### YOUR COLONOSCOPY SCHEDULE

**DATE:** \_\_\_\_/\_\_\_\_/\_\_\_\_ **ARRIVAL TIME:** \_\_\_\_ AM/PM **PROCEDURE TIME:** \_\_\_\_ AM/PM

**DOCTOR:** ☐ DR. KEN D. NGUYEN ☐ DR. TIM CHEN ☐ DR. DANA PAN

☐ VALLEY DIGESTIVE HEALTH CENTER 488 E SANTA CLARA ST #102, ARCADIA, CA 91006

☐ USC ARCADIA HOSPITAL 300 W HUNTINGTON DR, ARCADIA, CA 91007

☐ GOOD SAMARITAN HOSPITAL 1245 WILSHIRE BLVD #200, LOS ANGELES, CA 90017

Come at your **ARRIVAL TIME**. All the times in these steps count back from your **PROCEDURE TIME**.

**LAST DAY TO CANCEL OR  
CHANGE WITHOUT A FEE:**

### GET READY

- Pick up your **SUFLAVE** kit from the pharmacy. It has 2 bottles and 2 flavor packets.
- Plan your ride.** An adult family member or trusted friend must drive you home. You **cannot drive** after your procedure.

### MEDICINES: WHEN TO STOP

- Find your medicine in the table. **Stop it on the day shown** (count back from your procedure day). If your medicine is **not** on this page, keep taking it.
- Aspirin: Do NOT stop**, unless your doctor tells you to.
- Blood thinners:** Ask the doctor who gives you your blood thinner before you stop it. If you have a **metal (mechanical) heart valve**, or had a **stroke** or **heart stent** in the last year, call us first. You need special steps.

| STOP                                      | MEDICINES                                                                                                                                                                                                                                   | WHEN TO START AGAIN                                                                                                                                                                                                                                                                                                            |
|-------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>7 DAYS before</b>                      | <b>BLOOD THINNER</b> prasugrel (Effient)                                                                                                                                                                                                    | <b>Blood thinners and iron:</b> your doctor or nurse will tell you after your procedure.<br><br><b>Diabetes and weight-loss medicines:</b> start again when you are eating normal food.<br><br><b>*Metformin:</b> if you have kidney disease or get X-ray dye (like in ERCP), wait 2 more days (48 hours) after the procedure. |
|                                           | <b>DIABETES / WEIGHT LOSS</b> <b>Weekly shots:</b> semaglutide (Ozempic, Wegovy), dulaglutide (Trulicity), tirzepatide (Mounjaro, Zepbound)                                                                                                 |                                                                                                                                                                                                                                                                                                                                |
|                                           | <b>WEIGHT LOSS</b> phentermine (Adipex-P, Lomaira)                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                |
| <b>5 DAYS before</b>                      | <b>BLOOD THINNER</b> warfarin (Coumadin, Jantoven) · clopidogrel (Plavix) · ticagrelor (Brilinta)                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                |
|                                           | <b>IRON</b> Iron pills: ferrous sulfate, fumarate, or gluconate (Feosol, Slow Fe, Ferro-Sequels, Fergon)                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                |
| <b>4 DAYS before</b>                      | <b>BLOOD THINNER</b> dabigatran (Pradaxa) — <b>if you have kidney disease</b>                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                |
|                                           | <b>DIABETES</b> ertugliflozin (Steglatro)                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                |
| <b>3 DAYS before</b>                      | <b>DIABETES</b> canagliflozin (Invokana) · dapagliflozin (Farxiga) · empagliflozin (Jardiance)                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                |
| <b>2 DAYS before</b>                      | <b>BLOOD THINNER</b> rivaroxaban (Xarelto) · apixaban (Eliquis) · edoxaban (Savaysa) · dabigatran (Pradaxa) — if your kidneys are normal                                                                                                    |                                                                                                                                                                                                                                                                                                                                |
| <b>MORNING OF procedure (do NOT take)</b> | <b>DIABETES</b> metformin* (Glucophage, Glumetza, Fortamet, Riomet) · glipizide (Glucotrol), glyburide (DiaBeta, Glynase), glimepiride (Amaryl) · semaglutide pill (Rybelsus, Wegovy pill) · sitagliptin (Januvia), linagliptin (Tradjenta) |                                                                                                                                                                                                                                                                                                                                |

### INSULIN — do NOT stop insulin on your own

| INSULIN TYPE                                                                                                                  | DAY BEFORE (clear liquids day)                | MORNING OF PROCEDURE                 |
|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|--------------------------------------|
| <b>Long-acting:</b> glargine (Lantus, Toujeo, Basaglar), detemir (Levemir), degludec (Tresiba)                                | Take <b>HALF (½)</b> your usual dose          | Take <b>HALF (½)</b> your usual dose |
| <b>Mixed &amp; NPH:</b> Humulin 70/30, Novolin 70/30, Novolog 70/30, Humalog 75/25, Humalog 50/50, NPH (Humulin N, Novolin N) | Take <b>HALF (½)</b> your usual dose          | Take <b>HALF (½)</b> your usual dose |
| <b>Mealtime (fast-acting):</b> lispro (Humalog), aspart (Novolog), glulisine (Apidra), regular (Humulin R, Novolin R)         | <b>Do NOT take</b> (you are not eating meals) | <b>Do NOT take</b>                   |

- Check your blood sugar **at least 3 times** the day before, and again before you leave home.
- Bring juice or glucose tablets in case your sugar gets low.
- High sugar? Only take a small extra (correction) dose if your doctor told you how.

## 5 DAYS BEFORE YOUR COLONOSCOPY

- Start the **low-fiber diet**. Scan the code to see what you can eat.
- **OK to eat:** white bread, white rice, plain pasta, eggs, chicken, fish, tofu, milk, cheese, and plain yogurt.
- **Do NOT eat:** fruit, vegetables, nuts, seeds, beans, corn, popcorn, or whole grains.
- **Stop iron pills.**



Scan for Low  
Fiber Diet

## STEP 1 — THE DAY BEFORE YOUR COLONOSCOPY

- **All day:** NO solid food. Drink **only clear liquids** (see the list below). Drink a lot so you do not get dry (dehydrated).
- **At 5 PM:** Pour **1 flavor packet** into **1 bottle**. Add lukewarm water up to the fill line. Close it and shake until the powder is gone. Put it in the fridge for 1 hour. Do not freeze.
- **At 6 PM:** Drink **1 glass (8 oz) every 15 minutes** until the bottle is empty.
- Then drink **16 oz more water** during the evening.
- Do **not** take any other laxatives.
- If you take **tetracycline** or **fluoroquinolone** antibiotics (like ciprofloxacin (Cipro) or levofloxacin (Levaquin)), **digoxin (Lanoxin)**, **chlorpromazine**, or **penicillamine (Cuprimine)**: do **not** take them from 2 hours before until 6 hours after each SUFLAVE dose.
- **No pills** from 1 hour before you start each prep dose until you finish it.
- Stay near a bathroom. You will have lots of watery poop. This is normal.

### ✓ CLEAR LIQUIDS — OK

- |                                             |                                                 |
|---------------------------------------------|-------------------------------------------------|
| • Water                                     | • Soda, with or without bubbles                 |
| • Gatorade, Pedialyte, or Powerade          | • Kool-Aid or other fruit-flavored drinks       |
| • Clear broth or bouillon                   | • Clear juice with NO pulp (apple, white grape) |
| • Black coffee or tea (no milk, no creamer) | • Jell-O, popsicles, hard candy                 |

### ✗ NOT OK

- |                                    |                                           |
|------------------------------------|-------------------------------------------|
| • Anything <b>RED or PURPLE</b>    | • Juice with pulp (like orange juice)     |
| • Alcohol                          | • Any drink you <b>cannot see through</b> |
| • Milk or creamer (also non-dairy) | • Solid food                              |
| • Soup with noodles or vegetables  |                                           |

## STEP 2 — THE DAY OF YOUR COLONOSCOPY

- **6 HOURS before your PROCEDURE TIME:** Make **bottle 2** the same way. (You can mix it the night before and keep it in the fridge. Use it within 24 hours.) Drink **1 glass (8 oz) every 15 minutes** until it is empty. Then drink **16 oz of water**.
- Drink **ALL** of the prep, even if your poop is already clear.
- You must finish everything **at least 2 hours before** your procedure time.

**YOUR OTHER MORNING MEDICINES:** Before you leave home, take **ALL** your other morning medicines that are **not** on the stop list (page 1) — **including blood pressure medicines** — with a **small sip of water**. Take them **after** you finish the prep. **Diabetes:** do NOT take diabetes pills this morning. For insulin, follow the **INSULIN** table.

- **2 HOURS before your PROCEDURE TIME:** STOP drinking everything — no water, no clear liquids, no candy or gum. (Only a small sip of water for your pills.)
- Bring your **driver** and a **list of all your medicines**.

## AFTER YOUR COLONOSCOPY

- **Results:** If we take a biopsy (a tiny piece of tissue), results take 7–10 business days. Your doctor will call you or send a letter.
- **Blood thinners:** your doctor or nurse will tell you when to start again.
- **Diabetes medicines:** start again when you are eating normal food.
- **No driving** for the rest of the day. You got sleep medicine (sedation).
- Mild belly pain, bloating, or gas is normal. It comes from the air we used. It will go away.
- **Call us right away** at 626-898-4560 if you have **bad belly pain, fever, or blood in your poop**. In an emergency, call 911.

I received and understand these instructions and the **Cancellation/No Show policy (\$300 fee)**. I understand that I must **cancel at least 5 business days before my appointment**.

Patient name (please print): \_\_\_\_\_

X \_\_\_\_\_

Patient signature

Date: \_\_\_\_\_