

Colon Prep: SUFLAVE

Calendar Dates	5 DAYS PRIOR	1 DAY PRIOR	PROCEDURE DATE:
<p>General instructions</p> <p>Last chance to cancel appointment or you will be charged a NO SHOW FEE of \$250.</p> <p>Check with insurance in advance to see if you need a referral or pre-approval for your procedure.</p> <p>Please leave jewelry, money, and other valuables at home.</p> <p>If you have an ostomy, we recommend bringing extra ostomy supplies with you.</p> <p>If you have an electronic stimulator, bring your wand/device to turn off your stimulator.</p> <p>Secure a driver for the procedure day, as it is unsafe to drive for 12 hours after the procedure.</p> <p>SUPPLIES:</p> <ul style="list-style-type: none"> • SUFLAVE KIT (prescription) • Fleet enema (OTC), optional 	<p>Medical Instructions</p> <p><u>From This Day On, Until The Procedure:</u> TURN PAPER OVER FOR LOW FIBER DIET</p> <p>STOP</p> <p>For _____ days before procedure.</p> <p>Stop taking Phentermine, oil supplements, oil capsules, and iron pills.</p> <p>If you are diabetic or if you're taking blood thinners and you did not receive specific instructions regarding your medications, please call the office. Blood thinners include Plavix, Effient, Warfarin (Coumadin), Pradaxa, or Xarelto, etc.</p> <p>If you have implantable cardiology devices (defibrillator or pacemaker), notify the office as a device clearance is needed from your cardiologist.</p> <p>If you have severe constipation, call the office for advice (425) 259-3122.</p>	<p>Preparation Day Instructions</p> <p>DO NOT FOLLOW INSTRUCTIONS INSIDE/ON THE BOX</p> <p>**If taking tetracycline or fluoroquinolone antibiotics (ex. cipro, levofloxacin), digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before and not less than 6 hours after each dose of SUFLAVE.**</p> <p>Entire Day Clear liquid diet only (no solid foods!): clear fruit juice without pulp such as apple juice, white grape juice, broth, Gatorade (No Gatorade Frost), popsicles, coffee or tea without cream. Small amount of Jell-O is OK. No milk, red, blue, or purple colors.</p> <p>If you take diabetic medication(s) Refer to the instruction sheet "Colonoscopy Patients with Diabetes".</p> <p>5 PM SUFLAVE DOSE 1 Pour one flavor packet into one of the provided bottles. Fill bottle with <u>lukewarm</u> water to fill line. After capping bottle, shake well until dissolved. For best taste, refrigerate for one hour.</p> <p>6 PM Drink 8oz of solution every 15 minutes until bottle is empty. Drink additional 16oz of water during the evening.</p> <p>What to expect: It may take several hours before you have multiple bowel movements. Expect lots of diarrhea. *This is normal*</p> <p>NO ALCOHOL</p>	<p>Day of procedure Instructions</p> <p>TWO hours prior to Dose 2: take your usual prescribed medication except for blood thinners, insulin or oral diabetic medication, unless told otherwise by your doctor.</p> <p>SEVEN HOURS PRIOR TO YOUR CHECK IN TIME SUFLAVE DOSE 2 Pour one flavor packet into one of the provided bottles. Fill bottle with <u>lukewarm</u> water to fill line. After capping bottle, shake well until dissolved. For best taste, refrigerate for one hour.</p> <p>SIX HOURS PRIOR TO YOUR CHECK IN TIME Drink 8oz of solution every 15 minutes until bottle is empty. Drink additional 16oz of water during the morning.</p> <p>FOUR HOURS PRIOR TO YOUR APPOINTMENT TIME ABSOLUTELY NOTHING BY MOUTH (e.g. gum, hard candy, chewing tobacco, water, etc.).</p> <p>AGAIN, be sure to bring:</p> <ul style="list-style-type: none"> • Medication list • A driver • Photo ID/Insurance card • Eyeglasses/Hearing aids <p>You CANNOT drink alcohol or drive for 12 hours after the test.</p>

CPT Codes: Colonoscopy 45378-45385; **ICD-10 codes:** screening Z12.11; Hx Polyps Z86.010; Fx Polyps Z83.71; Fx Colon CA Z80.00; Other: _____

LOW FIBER DIET

General Rule: DO NOT eat anything with any of the following ingredients: nuts, seeds, raw fruits with seeds, raw vegetables, corn, beans (example: kidney, pinto, lima), whole grains, or popcorn.

BELOW ARE THE ONLY ALLOWED FOODS

BREADS ETC:

- White breads, rolls, biscuits
- Waffles, French toast, pancakes
- White rice, white pasta, peeled cooked potatoes
- Saltines or white crackers without seeds
- Hot cereal: cream of rice, cream of wheat
- Cold cereal: Rice Krispies, Corn Flakes, Special K

VEGETABLES AND FRUITS:

- Cooked and canned vegetables –carrots, green beans, spinach
- Applesauce
- Apple or white grape juice
- Bananas
- Cantaloupe, honeydew melon

MILK/DAIRY:

- Milk: plain or flavored, coconut, almond, soy
- Yogurt, custard and ice cream
- Cheese and cottage cheese

MEAT/PROTEIN:

- Well cooked, lean meats, fish
- Eggs
- Creamy peanut/almond butter
- Tofu

FATS, SWEETS, CONDIMENTS, BEVERAGES:

- Margarine, butter, cooking oils, mayonnaise, salad dressing
- Plain gravies
- Sugar, clear jelly, honey and syrup
- Soups made with allowed vegetables, broth
- Coffee, tea, carbonated beverages
- Plain cake
- Gelatin, plain pudding, popsicles
- Hard candy, pretzels
- Plain chocolate