



Gastroenterology Consultants, Ltd

Reno Endoscopy Center

880 Ryland Street
Reno, Nevada 89502
(775) 329-4600

South Meadows Endoscopy Center

10619 Professional Circle
Reno, Nevada 89521
(775) 852-4848

For Scheduling Changes, please call:

Reno (775) 329-4600

South Meadows (775) 852-4848

Patient Name: _____

Appointment Date: _____

Location:

- Reno Endoscopy Center
- South Meadows Endoscopy Center

Check-in Time: _____

Appointment Time: _____

**COLONOSCOPY PREPARATION
SUFLAVE Bowel Preparation**

Please read the following instructions carefully at least one week prior to your exam. The most important part of a successful Colonoscopy is the preparation. Adequate cleansing of your colon prior to the examination is crucial for good results. **You must drink plenty of water in order for the preparation to be effective.** If you need further information about your procedure, please call our procedure facility prior to your exam so we may take care of any concerns well ahead of time.

Medication and Diet Instructions

7 days before procedure

If you are taking any weight loss OR diabetic medications – GLP1(Glucagon-Like Peptide-1) Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyzin, Ozempic, Wegovy, Rybelsus

- If GLP1 dose is **daily**, **DO NOT** take on the day of procedure
- If GLP1 dose is **weekly**, **DO NOT** take if procedure is **within 7 days**.
- **Phentermine** should **NOT** be taken for **7 days** prior to procedure.

5 days before procedure

- Stop eating any food that contains the fat free substitute OLESTRA; which is usually found in fat free potato chips or fat free margarine
- Take your prescription and purchase your bowel preparation from the drug store. The preparation comes in powder form and you will need to mix it with water. **Please do not mix the solution until the day you are instructed to drink it.**

2 days before the procedure

- Do not eat any beans, corn, tomatoes, cucumbers, nuts or foods containing seeds such as poppy, sesame, or sunflower. The fiber from these foods can clog the colonoscope.
- If you tend to be constipated, take an ounce of Milk of Magnesia on this day so that you will not be as constipated when you take the preparation solution



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tomorrow.

Special Considerations

Please contact our office immediately if you have any of the following medical conditions and have not discussed them with us:

- You take Coumadin (warfarin) or Plavix
- History of excessive bleeding during previous surgery or dental extraction
- You have an artificial heart valve
- You have diabetes
- You have a history of kidney (dialysis) disease
- You have chest pain or shortness of breath with exertion
- You have seizures
- You are currently undergoing cardiac evaluation of a heart condition
- **If you are taking any weight loss OR diabetic medications – GLP1(Glucagon-Like Peptide-1): Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyzin, Ozempic, Wegovy, Rybelsus**

Diet Instructions

The day before your procedure:

- Begin a clear liquid diet starting at breakfast and drink only clear liquids all day.
- **Solid foods, coffee, milk, and milk products are not allowed.**
- **Avoid any product (including Jell-O) that is colored red, purple or green, as these will interfere with your test.**

Clear Liquids Include:

- Water
- Clear fruit juices, pulp free, (apple, white grape juice, white cranberry juice)
- Gatorade
- Clear broth or bouillon
- Jell-O, no red, purple, or green. (without added fruit or toppings)
- Lifesavers
- Popsicles, no red, purple, or green
- Tea
- Soft drinks

Take all of your normal prescription medications unless advised otherwise.

Avoid Alcohol.

It is very important to drink plenty of water and other clear liquids throughout the day in order to avoid dehydration and to flush the bowel.



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PREPARING AND TAKING THE PREP

**** Please follow these written instructions instead of the instructions on the SUFLAVE packaging ****

SUFLAVE is a split dose (2-day prep). A total of 2 bottles are required for complete preparation for your colonoscopy. You will take 2 bottles of liquid in two separate doses. One dose of SUFLAVE is equal to one bottle plus one flavor enhancing packet.

The day before your procedure:

Remember no solid food, clear liquids only!

Between 5 pm and 8 pm, the day before your procedure.

Step 1: Open one flavor enhancing packet and pour the contents into 1 bottle.

Step 2: Fill the provided bottle with lukewarm water up to the fill line. After capping the bottle, gently shake the bottle until 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 the solution every 15 minutes until the bottle is empty.

After drinking the SUFLAVE, drink an additional 16oz of the clear liquid of your choice.

**Drinking the solution through a straw may make it easier to drink. Feelings of bloating, nausea or chilling are common after the first few glasses. This is only temporary and should disappear once bowel movements begin. If you develop vomiting, slow down the rate at which you drink the solution. Please attempt to drink it all even if it takes you longer. If vomiting persists, stop the preparation and call our office or the physician on call for further instructions. Individual responses to laxatives vary. This preparation will cause multiple bowel movements so stay close to a bathroom. Continue your clear liquid diet.

The morning of your procedure:

Remember no solid food, clear liquids only!

5 hours before your procedure time (not your check in time), at _____, repeat your prep:

Step 1: Follow and repeat the same steps as above. **After drinking the SUFLAVE, drink an additional 16oz of the clear liquid of your choice.** Complete this second prep and the additional fluids **within one hour from start time**. Follow the general tips outlined above for drinking the prep

4 hours before your procedure time DO NOT DRINK ANY MORE FLUIDS

Nothing more to drink until after your procedure.



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ADDITIONAL INFORMATION FOR THE DAY OF THE PROCEDURE

- Eat no solid foods.
- You may have small quantities of clear liquids up to 4 hours prior to your procedure.
- Take your usual morning medications, especially those for blood pressure. If you are diabetic wait until after the procedure to take your usual dose of insulin or oral medication, after you have eaten a meal.

GENERAL INFORMATION

Please comply with the following instructions listed below:

(1) Bring all completed forms from your packet.

(2) Bring in your insurance cards and a photo ID such as a driver's license so that we may assist you in billing for our services.

All co-pays and deductibles are due at the time of service. Please be prepared to pay these fees on the day of your procedure.

(3) Leave all jewelry and personal valuables at home. Be sure to bring any reading glasses and/or hearing aids to your procedure. Bring your inhalers if you use them

(4) YOU WILL NEED A RESPONSIBLE DRIVER TO TAKE YOU HOME. Due to the sedation given for your procedure, you will be unable to drive for the remainder of the day.

If you choose to take a taxi, you **MUST** be accompanied by a responsible adult.

(5) Contact Information: If you are coming from out of town or staying at a place other than your main residence, please call our office and leave a number where you will be staying in case we need to contact you.

(6) Procedure Preparation for Colonoscopy:

Please take the prescription that is attached to your preparation instructions to your pharmacy to be filled.

Do not follow the instructions that come with your preparation. Please follow only our instructions provided.

If you have questions regarding your Colonoscopy or your prep, please refer to the FAQ's sheet also included in this folder.

In addition, we have a Colonoscopy Hotline phone number that you can call at any time to receive additional automated information regarding your colonoscopy prep. That phone number is 775-284-7282.



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Please refer to our website at www.giconsultants.com for additional information on screening colonoscopies.

Colon Prep Hotline (775) 284-7282
Reno Endoscopy Center (775) 329-1009
South Meadows Endoscopy Center (775) 852-1886
<http://www.giconsultants.com>

“Allergic reactions to the constituents of the bowel cleansing solution are rare. If you think you are having an adverse reaction, please contact us immediately or go to nearest ER.”