



COLONOSCOPY PROCEDURE INSTRUCTIONS

Suflave 2-Day Prep

Physician: Dr. Pointer // Dr. Sharma

Facility: Southern Endoscopy Center
330 Wallace Rd, Suite 103
Nashville, TN 37211
Phone: (615) 832-5530

Date of Procedure: _____

Arrival Time: _____

***FAILURE TO FOLLOW INSTRUCTIONS WILL RESULT IN A
CANCELLATION AND YOUR PROCEDURE WILL BE
RESCHEDULED***

Your Bowel Preparation and Colonoscopy At a Glance

Your prep is a 'split dose' prep. What is a 'split' colonoscopy prep?

Many doctors offer a "split" prep, meaning patients take half of their prep the night before the colonoscopy and the other half the morning of the procedure. You will be doing a 2-day prep, so we will add an extra day of clear liquids and solution.

Prepping this way is better for patients and allows the doctor to see the inside of the colon more clearly. For example, at 5 p.m. the 2 nights before the colonoscopy, you would drink 8 ounces of the already mixed prep and continue to drink 8 ounces every 10 to 15 minutes until the first bottle is empty. at 5 p.m. the night before the colonoscopy, you would drink 8 ounces of the already mixed prep and continue to drink 8 ounces every 10 to 15 minutes until the second bottle is half empty. On the morning of the procedure (five hours before arriving at the doctor's office), you do the same thing as the night before, until the remaining solution is gone.

Preparation quality is your responsibility—you must follow these instructions. The effectiveness of your colonoscopy in finding polyps and preventing cancer is largely dependent upon your excellent colon preparation. Failure to take the prep as indicated below may result in a poorly cleansed colon and possible cancellation or rescheduling of the procedure.

CLEAR LIQUID DIET

A clear liquid diet means NO solid food, milk, milk products, or liquids that have pulp in them. Clear liquids are liquids that you can see through.

Please avoid clear liquids that are red, orange, blue, or purple.

This includes:

- Water
- Jello
- Clear broth (without pulp, fat, noodles, beans, vegetables, or meat)
- Coffee or tea (without cream)
- Sports drinks (not red, blue, orange, or purple)
- Clear sports drinks, sodas
- Popsicles

Foods to AVOID:

- ALL SOLID FOODS
- Meats
- Vegetables
- Fruit
- Avoid fiber, nuts, seeds, oats, and granola for 7 days before your procedure.

Medications:

- Blood thinners
 - You will be contacted within 9 days with instructions on when to stop this
- STOP all fiber and iron supplements for 7 days before your procedure
- NSAIDS- STOP taking AT LEAST 7 days before your procedure (common names: Aspirin, Aleve, Motrin, Ibuprofen, Advil, Excedrin, BC powder, Meloxicam, and Diclofenac)
- Blood pressure medications- DO NOT STOP this, you can take them the morning of
- Diabetic medications- UNLESS otherwise instructed by your primary care or endocrinologist
 - Type 2 diabetes:
 - The morning before (when you start clear liquids) take HALF the usual dose of your diabetes medications, including both oral medications and insulin
 - The morning of your procedure: DO NOT take ANY oral diabetes medications such as glipizide or pioglitazone. YOU CAN continue oral metformin.
 - PLEASE CHECK YOUR BLOOD SUGAR THE MORNING OF.
- Diuretics/water pills- Please HOLD on the day before your procedure and resume after your procedure, that same day.
 - These may be named: furosemide, hydrochlorothiazide, triamterene/HCTZ
- **GLP-1 Medications- HOLD** for 7 days before your procedure
 - Semaglutide (Ozempic), Rybelsus, Trulicity (Dulaglutide), Saxenda, Bydureon, Victoza (Liraglutide), Byetta (Exenatide), Wegovy, Mounjaro (Tirzepatide), Albiglutide (Tanzeum), Adlyxin (Lixisenatide), Zepbound, Phentermine + topiramate (Qsymia), Phentermine (Adipex-P, Lomira, Fastin, Phentercot
- Others- PLEASE TAKE any thyroid, seizure, anti-anxiety, antipsychotic medications, and aspirin 81mg as normal.

WHAT TO BRING:

- Insurance card
- Photo ID

- Medication list
- Co-payment *due at time of service, NO EXCEPTIONS
- **DRIVER- must be 18 years or older.** You MAY NOT use Uber, Lyft, Medride, or a taxi unless a friend or family member comes with you IN ADDITION to the driver.

2

5-7 days before colonoscopy

- Pick up a SMALL box of Dulcolax 5mg tablets and Simethicone tablets from the pharmacy, this will be over-the-counter
- Pick up everything needed for your clear liquid diet.
- **Read all** pages provided and call our office if you have any questions (number listed above).
- Make arrangements to have someone drive you to the procedure, stay with you in the center until your procedure is complete, and take you home afterward. You will not be allowed to leave the facility by yourself for your safety. You cannot drive for 12 hours after the procedure.

2 Days before the procedure

When you wake up, start a **CLEAR LIQUID DIET. NO SOLID FOODS.**

3 p.m. Take **FOUR** Dulcolax 5mg tablets with water

5 p.m. - 8 p.m. Start the bowel prep solution. Take **TWO** simethicone tablets

- Open 2 flavor-enhancing packets and pour contents into 2 bottles (this is for flavor only)
- Fill both of the provided bottles with lukewarm water to the fill line. After capping the bottles, gently shake until all the powder has dissolved. Can refrigerate for one hour.
- Drink 8 ounces every 15 minutes until both bottles are empty
- Drink an additional 16 ounces of water in the evening.
- Continue clear liquids between the 2 doses.

8 p.m. - midnight You may have a **CLEAR LIQUID** diet until midnight

The day before the procedure

Continue a **CLEAR LIQUID DIET. NO SOLID FOODS.**

3 p.m. Take **FOUR** Dulcolax 5mg tablets with water

5 p.m. - 8 p.m. Start the bowel prep solution. Take **TWO** simethicone tablets

- Open 1 flavor-enhancing packet and pour contents into 1 bottle
- Fill the provided bottle with lukewarm water to the fill line. After capping the bottle, gently shake the bottle until all the powder has dissolved. You can refrigerate for one hour.
- Drink 8 ounces every 15 minutes until the bottle is empty
- Drink an additional 16 ounces of water in the evening.
- Continue clear liquids between the 2 doses.

8 p.m. - midnight You may have a **CLEAR LIQUID** diet until midnight

3

2

Day of procedure

After midnight: **NOTHING BY MOUTH. THIS INCLUDES TOBACCO, CANDY, GUM, AND MINTS**

The morning of the procedure:

5 HOURS BEFORE YOUR PROCEDURE: finish the bowel prep

- Take 2 simethicone tablets
- Open 1 flavor-enhancing packet and pour contents into 1 bottle
- Fill the provided bottle with lukewarm water to the fill line. After capping the bottle, gently shake the bottle until all the powder has dissolved.
- Drink 8 ounces every 15 minutes until the bottle is empty
- Drink an additional 16 ounces of water
- **NOTHING ELSE TO DRINK UNTIL AFTER THE PROCEDURE**

The **ENTIRE** container must be consumed at least 2 hours before your procedure, and you must no longer drink water 2 hours before the scheduled procedure time.

At this point, YOU CAN NOT HAVE ANYTHING ELSE TO DRINK UNTIL AFTER YOUR PROCEDURE.

You will be sedated for this procedure and will not be able to drive, operate machinery, make important decisions, or return to work. Plan to spend up to 4 hours at the facility, times can vary from 45 minutes to 4 hours. You MUST have a driver that is 18 years or older and they will be required to stay at the facility the entire time. They will be required to sign you out at the end of the procedure. If you do not have a driver, your procedure will be rescheduled.

