

Your procedure has been scheduled at **North Hills Surgery Center**. Their physical address is 3271 N. Wimberly Drive #1.

To ensure a clean prep on the day of your colonoscopy, please adhere to the following instructions:

- **Five days prior to your colonoscopy:** Fill your bowel prep prescription, review the prep instructions, plan your ride home, and consider purchasing simethicone (“Gas-X”) for symptomatic relief. Capsules, liquid, or chewable tablets are all okay.
- **Three days before your colonoscopy:** Start a low residue diet. With this, AVOID nuts, seeds, raw vegetables, and popcorn.
- **The day before your colonoscopy:** Please follow a clear liquid diet. You may have Jell-O, popsicles, Gatorade, Broth, clear juices that have no pulp, black coffee, tea, colas, etc. AVOID red, purple, and blue liquids and dairy products. **You may have clear liquids the morning of your procedure up to 4 hours prior to your arrival time.**

SUFLAVE bowel prep Instructions: SUFLAVE is a split-dose (2-day) regimen. A total of 2 bottles are required for complete preparation for Colonoscopy. One dose of SUFLAVE is equal to one bottle plus one flavor enhancing packet.

Day BEFORE Procedure 5 PM: **Day 1/Dose 1:**

- Step 1: open 1 flavor enhancing packet and pour the contents into 1 bottle
- Step2: Fill the provided bottle with lukewarm water up to the fill line. After capping the bottle, gently shake until all the powder has mixed well (dissolved). For best taste, refrigerate the solution for an hour before drinking. Do not freeze. Use within 24 hours.
- Step3: Drink 8 ounces of the solution every 15 minutes until the first SUFLAVE bottle is empty
- Step 4: drink an additional 16 ounces of water during the evening.
- If nausea, bloating, or abdominal cramping occurs, pause or slow the rate of drinking the solution and additional water until symptoms diminish

Day of Procedure: **Day 2/Dose 2:**

- Step1: 6 hours prior to your arrival time and no sooner than 4 hours from starting Dose 1, repeat Step 1 to Step 3 from Day1, Dose 1.
- Step 2: drink an additional 16 ounces of water during the Morning.

Continue to consume only clear liquids up until 4 hours prior to Colonoscopy



Your appointment is:

Date: _____ **Arrival Time:** _____ **Procedure Time:** _____