

SUFLAVE COLONOSCOPY INSTRUCTIONS

PROCEDURE INFORMATION

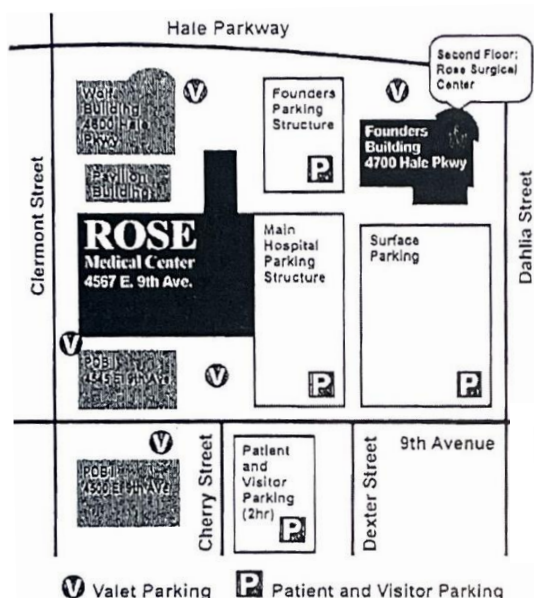
Your procedure is at: ROSE SURGICAL CENTER (see map below)
4700 E HALE PARKWAY SUITE 200
303-758-1175

DATE: _____ CHECK TIME: _____ COLONOSCOPY TIME: _____

ONE WEEK BEFORE THE COLONOSCOPY

To Do:

- ☐ Avoid eating seeds, nuts, whole grains, and corn (including foods that contain these ingredients)
- ☐ Make sure you have your prep
- ☐ Purchase Simethicone (anti gas) pills, you will need 4 pills
Any brand is ok, for example Gas-X, Mylanta Gas, or Maalox Anti-Gas
Either 80mg or 125mg pills is ok
- ☐ Pre-register with the surgery center, instructions will be sent via email or text
Or call 303-758-1175 and ask to pre-register
- ☐ Read ALL these instructions and call us if you have any questions
- ☐ Review our list of medications to hold, and call us if you have any questions.



*Our website (denvercolorectal.com) has FAQs on the colonoscopy page. Please refer to this for any questions or issues that arise.

Complimentary Valet parking is available, as well as free parking in the South lot and the Founder's Parking Garage.

Optional: GoLyteLy tastes better if chilled. We suggest putting the mixed GoLyteLy solution in the refrigerator the night before.

THE DAY BEFORE COLONOSCOPY

Before 9:00am Eat a light breakfast (for example eggs, yogurt, or white toast)

After you finish breakfast only drink clear liquids

Examples of clear liquids:

Water (drink plenty to prevent cramping)
Broth (beef, or chicken, vegetable, plain)
Ginger Ale, Sprite, or 7-up (diet is okay)
Plain Jell-O (no fruit or whip cream, no red or purple)
Juices (apple or white grape juice)
Sports drinks (no red or purple)
Popsicles (no red or purple)
Black coffee or tea without dairy

You cannot have:

Dairy products
Orange juice
Tomato juice
Solid food

5:00pm Prepare **BOTH** bottles of SuFlave. Pour one flavor packet into each bottle. Cap the bottles and shake gently until powder is dissolved. Refrigerate both bottles, DO NOT FREEZE.

Once the prep is chilled, follow the steps below.

*It's best to start at 5pm but it's ok to start later if needed, start NO LATER than 8pm

**Follow these instructions, do not follow the instructions in the package if they differ

Step 1: Drink one bottle of SuFlave over one hour. It is ok to drink slower if needed.

Step 2: Drink at least two 16oz glasses of water before bed

After you finish Step 2, take 2 Simethicone pills

*Continue drinking clear liquids until you go to bed

If you have any issues while taking the prep, review the colonoscopy FAQ on our website

THE MORNING OF YOUR COLONOSCOPY

6 hours before your colonoscopy time, repeat steps 1 and 2 with the second bottle of SuFlave

Once you have finished all the prep, take the other 2 Simethicone pills

You must **FINISH** all the prep and the additional water

*This should be AT LEAST 2 ½ hours before your scheduled procedure time

You're ready for your colonoscopy when your stool is clear and light yellow

****ABSOLUTELY NOTHING TO EAT OR DRINK after YOU HAVE COMPLETED THE PREP OR YOUR COLONOSCOPY MAY BE CANCELLED****

Example prep times for the morning of your procedure (2nd dose):

Colonoscopy scheduled time	Start your 2 nd prep dose	Finish your prep (nothing else to drink)
8:00am	2:00am	5:30am
8:30am	2:30am	6:00am
10:00am	4:00am	7:30am
10:30am	4:30am	8:00am

ARRIVING AT THE SURGERY CENTER

Plan to check in by the time listed at the beginning of these instructions.

You will need someone to pick you up and drive you home after your procedure.

*This can NOT be a taxi, Uber, or Lyft, and should be someone you know

You may have up to 2 visitors, no children are allowed.

What to bring:

- ☐ Insurance card
- ☐ Photo ID
- ☐ Form of payment (If you have a copay or deductible, payment is due at the time of service)
- ☐ Consider bringing a sweater or jacket to keep you warm while you are waiting

*****ANY CANCELLATIONS WITHIN 48 HOURS WILL BE BILLED \$200*****

MEDICATIONS TO STOP BEFORE YOUR PROCEDURE

*****If you have any questions about your medications or medical history, please contact our office.**

Medication <i>Generic name (brand name)</i>	Duration to hold prior to your procedure
Coumadin (Warfarin)	5 days
Rivaroxaban (Xarelto)	2 days
Apixaban (Eliquis)	2 days
Clopidogrel (Plavix)	5 days
Aspirin	7 days
Enoxaparin (Lovenox)	24 hrs
Acetylsalicylic acid/dipyridamole (Aggrenox)	7 days
Fonaparinux (Arixtra)	24 hrs
Ethyl eicosapentaenoic acid (Vascepa)	7 days
Semaglutide (Ozempic, Wegovy, Rybelsus)	2 weeks
Tirzepatide (Mounjaro, Zepbound)	2 weeks
Albiglutide (Tanzeum)	2 weeks
Lixisenatide (Adlyxin)	2 weeks
Exenatide (Byetta, Bydureon-Bcise)	2 weeks
Dulaglutide (Trulicity)	2 weeks
Liraglutide (Saxenda, Victoza)	2 weeks
Edoxaban (Savaysa)	2 days
Dabigatran (Pradaxa)	2 days
Prasugrel (Effient)	5 days
Ticagrelor (Brilinta)	5 days
Phentermine (Qsymia)	2 weeks

GENERAL COLONOSCOPY INFORMATION

Colonoscopy is a safe, effective way of examining the lining (mucosa) of the colon and rectum. The colonoscopy is performed using a long, flexible tube connected to a video camera. It allows the doctor to look for abnormalities and perform biopsies. It is also possible to remove polyps (polypectomy). Colonoscopy is done on an outpatient basis with minimal discomfort and inconvenience.

WHO SHOULD HAVE COLONOSCOPY?

Most colonoscopies are done to screen for colorectal cancer. This exam is also recommended if you have a change in your bowel habit or bleeding which may indicate a problem in the colon or rectum. Sometimes the procedure is also done if you have an imaging or stool test that suggests you may have a polyp or abnormality with your colon or rectum

COLONOSCOPY IS NECESSARY TO:

- Check unexplained abdominal symptoms (pain, bloating)
- Check inflammatory bowel disease (Ulcerative colitis, Crohn's disease)
- Verify abnormal findings on a barium enema x-ray
- Examine patients who test positive for blood (Hemoccult test) in the stool
- Monitor patients with a past history of colon or rectal polyps or cancer
- Screen those with a family history of colon or rectal polyps or cancer

WHAT CAN BE EXPECTED DURING COLONOSCOPY?

The day before the procedure, the colon must be completely cleaned of all feces. The preparation is detailed on a separate instruction sheet. During the procedure, you will receive medication through a vein to relax you and help you tolerate any discomfort you may experience. You will be lying on your side while the colonoscope is inserted through the anus and advanced through the entire colon. The exam usually takes about 30 minutes. The procedure is well tolerated and rarely causes much pain. Some can experience a feeling of pressure, gassiness, bloating or cramping at various times during the procedure. After the exam, you may feel bloating which will improve with the expulsion of gas. You can resume a regular diet later in the day. You may return to work the next day.

WHAT IF AN ABNORMALITY IS FOUND?

The doctor will remove polyps, take biopsies, or take photos as necessary. Polyps, for example are generally removed during the same procedure. Repeat colonoscopy may be required to remove the polyps if they are numerous or very large. If an area requires more detailed evaluation, a biopsy is obtained and submitted to the pathologist for analysis. This is done by placing a special instrument through the colonoscope to sample the lining of the colon. Both removing the polyp and sampling the lining are painless. Our office will call you when we have the pathology results which can take 1-2 weeks.

WHAT ARE THE POTENTIAL COMPLICATIONS OF COLONOSCOPY?

Colonoscopy is usually safe, but there is a small risk of:

- Bleeding 0.7%
- Perforation (making a hole in the colon) 0.3%
- Phlebitis (inflammation of the IV site)
- Reaction to the sedative

WHAT ARE THE BENEFITS OF COLONOSCOPY?

Colonoscopy detects and permits removal of most polyps without abdominal surgery. Colonoscopy is far more accurate than other screening methods for detecting polyps and may prevent colon cancer by enabling the removal of precancerous lesions.

REASONS TO CONTACT THE PHYSICIAN:

- Severe, persistent abdominal pain
- Rectal bleeding
- Temperature greater than 101.5 F