

# SUFLAVE / MOM

## **This exam requires careful preparation!**

**Read through these instructions carefully at least 7 days prior to your procedure.**

**Call office at 601-355-1234 with questions.**

PATIENT NAME \_\_\_\_\_

PATIENT ID \_\_\_\_\_

DOCTOR \_\_\_\_\_

Date: \_\_\_\_\_ Check-in Time: \_\_\_\_\_ ☐ AM ☐ PM

☐ Flowood Endo Center: 2510 Lakeland Drive, Flowood

☐ Vicksburg Endo Center: 1815 Mission 66, Vicksburg

☐ Madison Endo Center: 106 Highland Way, Madison  
(St. Dominic, Highland Medical Arts Bldg)

☐ Other: \_\_\_\_\_

### **A WEEK BEFORE your procedure, you will need to:**

- ☐ Purchase a small bottle of Milk of Magnesia.
- ☐ Purchase Simethicone (Gas-X), 125 mg – 6 tablets.
- ☐ Pick up your bowel preparation (SUFLAVE) from the pharmacy.
- ☐ Purchase items for low-residue/low-fat diet and clear liquids (see additional sheet for details).
- ☐ Five (5) days before your scheduled procedure, stop taking all iron supplements.

☐ You are taking \_\_\_\_\_. You should take the last dose on \_\_\_\_\_.

### **THREE DAYS BEFORE your procedure**, start a low-residue diet (guidelines included).

- Stop eating seeds, popcorn, nuts, corn, whole grains, salads, and other forms of roughage or fiber.

### **TWO DAYS BEFORE your procedure**

**6:00 PM: Take 3 tablespoons of Milk of Magnesia.**

**After this, start a clear liquid diet. DO NOT eat any solid or soft foods or dairy until your procedure is completed.**

- Clear liquids include water, clear juice, black coffee, tea, broth, Jello, soft drinks, and popsicles (nothing red, no dairy products, no orange juice, no alcohol). Drink all the clear liquids you want. **Stay hydrated.**

**Please follow these instructions for the prep, NOT the instructions listed on or included in the prep box.**

### **ONE DAY BEFORE your procedure**, continue a clear liquid diet. No solid food or dairy.

**In the morning**, mix SuFlave using steps below. SuFlave can be refrigerated after mixing. Do not freeze, Discard after 24 hours.

**Step 1:** Optional - Open one flavor enhancing/sweetener packet and pour the contents into one of the provided bottles.

**Step 2:** Fill the bottle with lukewarm water up to fill line. Cap the bottle and shake until all powder has dissolved.

**Step 3:** Repeat step 1 and step 2 with the second bottle.

### **6:00 PM – Dose 1**

**Step 1: Drink** 8 ounces of SuFlave solution every 15 minutes until the bottle is empty.

**Step 2: Drink** an additional 16 ounces of water over the next hour.

**Step 3: Take** 3 Simethicone tablets with the last cup of water. You may continue to have clear liquids tonight.

\*\*\* **Note: If you take Lovenox, do not take your evening dose or your dose on the morning of your procedure.** \*\*\*

### **THE DAY of your procedure**

**AM – Dose 2 (six hours before arrival time).** Timing is essential. You may need to start in the middle of the night.

**Repeat Steps 1, 2, & 3 above.** Drink second bottle of SuFlave, the same as dose 1 from previous evening.

- You may continue to have clear liquids until 3 hours before arriving and then **NOTHING to EAT or DRINK.**

- **Take** blood pressure, heart, and seizure medication(s) at least 3 hours before your arrival time.
- **Use** respiratory inhalers, as directed, on the day of your procedure and bring inhaler(s) with you.
- **DO NOT take** your diabetic medications (pills and/or insulin). If on an insulin pump, continue just basal rate.
- **Bring** your medication list with dose and strength, insurance card(s), and identification or driver's license.
- **DO NOT** wear jewelry/watch or bring valuables. We are not responsible for broken or lost items.

\_\_\_\_\_ (3 hours before arriving) **NOTHING to EAT or DRINK! NOT EVEN A SIP OF WATER!**

