SUMMIT GASTROENTEROLOGY
SPECIALISTS IN DIGESTIVE HEALTH CARE.

Digestive Health Specialists
powered by GI Alliance

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COLONOSCOPY PREP USING SUFLAVE

Patient _____

Doctor _____

Date _____

Arrival Time _____

Procedure Time _____

LOCATIONS:

____ **St. Luke's Outpatient Surgery Center**
120 NE St. Luke's Blvd.
Lee's Summit, MO 64086

____ **St. Luke's East Hospital**
100 NE St. Luke's Blvd.
Lee's Summit, MO 64086

____ **Lee's Summit Medical Center**
2100 SE Blue Pkwy.
Lee's Summit, MO 64063

____ **Blue River Surgery Center**
1318 E. 104th Street
Kansas City, MO 64131

____ **Ascentist Hospital Outpatient Department**
4801 College Blvd., 1st Floor
Leawood, KS 66211

To ensure that your test is accurate and complete, you *must* follow these directions. If you have questions, please call our office at 816-554-3838. Summit Gastroenterology is dedicated to providing you with quality health care. *You matter to us!*

Below is a set of instructions that need to be followed closely in order to ensure that your colon is "cleaned out" for you colonoscopy. Please read these instructions several times and do not hesitate to contact us with any questions. Your bowel preparation is a very important part of your procedure.

- For bowel, we use a service called **Gifthealth** who guarantees you pay the lowest possible price for your bowel prep with copay ranging from $0-50 depending on your insurance. They'll reach out to you shortly from an "833" number. Look for your doctor's name and our office name in the text. Please keep an eye out and be sure to respond to them. Once you "check out" and pay, the bowel prep and your instructions will be shipped directly to your home.

AT LEAST A WEEK (7 DAYS) BEFORE YOUR PROCEDURE with Summit Gastroenterology:

- Check with your prescribing doctor to make sure it is safe to hold prescription blood thinner: _____ for ___ days prior. Please do not take any Aspirin or Plavix the day of your procedure.
- Hold prescription diet pills and supplements, ie-phentermine, Berberine, 7 days prior to procedure.
- Hold weekly dosing of GLP's: Trulicity (Dulaglutide), Bydureon BCise (Exenatide), Mounjaro, Zepbound (Tirzepatide), Ozempic, Wegovy (Semaglutide). *HOLD 1 WEEK PRIOR TO PROCEDURE.

FOUR DAYS BEFORE YOUR PROCEDURE:

- Hold Steglatro (Ertugliflozin). *HOLD FOR 96 HOURS PRIOR TO PROCEDURE.

THREE DAYS BEFORE YOUR PROCEDURE:

- Hold Jardiance (empagliflozin), Invokanna (canagliflozin), Farxiga (dapagliflozin). *HOLD FOR 72 HOURS PRIOR TO PROCEDURE.

SEVERAL DAYS BEFORE YOUR PROCEDURE please pick up your SUFLAVE prescription from your local pharmacy and simethicone 125mg tablets (i.e. Gas-X):

THE DAY PRIOR TO YOUR PROCEDURE.

- The day PRIOR to your scheduled procedure, you are not to eat any solid foods but instead have plenty of clear liquids. Clear liquids permitted are as follows: (water, tea, black coffee, apple juice, white grape and apple juices, lemon or lime Jell-O™, chicken or beef broth (NO noodles!), popsicles, 7 UP™ and Sprite™).
- You may have liquid Boost (not powder) or Ensure until 3:00pm ONLY (no substitutions).
- Do Not drink Alcohol, Do Not drink Milk products, Do Not drink **RED**, **ORANGE** or **PURPLE** clear liquids. Do Not drink Orange Juice.
- Hold daily dosing oral GLP's: Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Adlyxin (Lixisenatide). *HOLD DAY BEFORE AND DAY OF PROCEDURE.

** *If you are diabetic, take only half of your normal dose of insulin or oral medications.*

Your bowel preparation is composed of 2 doses, taken at different times. You will take the 1st dose THE DAY PRIOR TO YOUR SCHEDULED PROCEDURE and the 2nd dose THE MORNING OF YOUR SCHEDULED PROCEDURE.

1ST DOSE:

1. At 3:00 P.M., the day before the exam: Pour the first bottle of SUFLAVE into the plastic cup provided and fill the water to red line. – DRINK THIS MIXTURE – Follow with 2 full 16oz glasses of water within one hour after drinking the SUFLAVE mixture WITHIN AN HOUR AFTER TAKING THE LAXATIVE, YOU SHOULD EXPERIENCE A BOWEL MOVEMENT WITHIN APPROX. 20MIN. OF TAKING IT.
2. Stay close to the toilet in the evening-the goal is to have diarrhea!
3. Take 2 simethicone tablets with the first dose of SUFLAVE.

2ND DOSE:

1. Remember that this dose is taken on the MORNING OF YOUR PROCEDURE. Beginning about 5-6 hours prior to your scheduled procedure, pour the second bottle of SUFLAVE into the plastic cup provided and fill with water to the red line – DRINK THE MIXTURE – follow with 2 full 16oz glasses of water within one hour after drinking the SUFLAVE mixture. You must be completely finishing drinking 4 hours prior to your scheduled procedure time.
2. Take 2 simethicone tablets with the second dose of SUFLAVE.

After that, you are not allowed to have anything else to eat or drink. We understand that this might mean that you need to get up early for your prep on the day of your exam. This is because we want you to have the best bowel prep possible.

THE DAY OF YOUR PROCEDURE:

- If you take insulin or oral diabetic medication, you are advised to HOLD and DO NOT TAKE on the day of your procedure. Bring it with you.
- Take any heart, blood pressure or seizure medications routinely with a small sip of water. Do this several hours before your procedure.
- **No smoking or vaping the day of the procedure. No chewing tobacco. Avoid ALL tobacco products day of procedure.**
- **No chewing gum the day of the procedure.**
- Hold daily dosing GLP's: Byetta (Exenatide), Saxenda (Liraglutide), Victoza (Liraglutide), Adlyxin (Lixisenatide), Rybelsus (Semaglutide). *HOLD DAY BEFORE AND DAY OF PROCEDURE.
- Hold all other medications the day of the procedure

YOU MUST HAVE WITH YOU:

- A responsible adult to drive you home must be present at the time of check-in and stay at your facility or your colonoscopy will be CANCELLED or RESCHEDULED. They will need to stay with you for 12 hours afterwards.
- A list of all medications you are now taking, including over-the-counter products and herbal supplements.
- A list of any allergies you have.
- If you have a Pacemaker/AICD please bring in you Pacemaker/AICD card.
- No working, no driving, operating machinery, or making legal decisions X24 hour after procedure.

COLON CLEANSING TIPS:

- **Walking will help move the solution through your body.**
- **Drink the SUFLAVE chilled.**
- **It may be helpful to drink sips of the SUFLAVE through a long straw.**
- **If you feel bloated or your stomach feels "full", slow down drinking the SUFLAVE.**

During your procedure you will be administered either general anesthesia or heavy sedation. For your safety, it is essential you follow the above listed instructions

- **No liquids, gum or hard candy of any kind up to 4 hours prior to your procedure time**

Failure to comply with these instructions will result in the cancellation or delay of your procedure. Judgment will be made by your anesthesia provider.

*****REMEMBER – the goal is to get cleaned out. If you have any problems with the prep, please contact our office (816) 554-3838 during business hours or (913) 338-8388 after hours to speak with the doctor on call.*****

*** CANCELLATION POLICY ***

$100 fee for cancellation of endoscopy appointments with less than 72 hours notification. If you need to cancel or reschedule, call Summit GI at 816-554-3838, NOT the facility where your procedure is scheduled.

****INSURANCE INFORMATION****

Our office may verify insurance benefits and contact you to discuss our procedure fee.

Prep instructions are also located on our website www.summitgi.com