



# ENDOSCOPY CENTER

Grand Health Partners  
2060 East Paris Avenue  
Suite 100  
Grand Rapids, MI 49546

## Colonoscopy

### Your Appointment

\_\_\_\_\_  
Name

Has an appointment with GHP Endoscopy Center for a Colonoscopy on:

\_\_\_\_\_  
(Day and Date)

Arrival Time: \_\_\_\_\_ am/pm Procedure Time: \_\_\_\_\_ am/pm

**Attached are your Procedure Prep Instructions**

**Please follow the instructions carefully  
& call us if you have any questions at  
616-956-6100 Option 2**

## Preparing for your Colonoscopy Procedure

### Patient Education

Welcome to the Grand Health Partners Endoscopy Center! Thank you for trusting us with your care. To ensure a high-quality colonoscopy, it is essential that your colon is thoroughly cleaned. Please review all instructions at least 7 days before your scheduled procedure. Please note that all pathology specimens are sent to Quest Diagnostics, and you will receive a separate bill directly from Quest.

### What Is a Colonoscopy?

A colonoscopy allows your doctor to examine the lining of your large intestine (colon) to identify polyps, ulcers, tumors, inflammation, or bleeding. During the procedure, tissue samples may be taken and abnormal growths removed. Colonoscopy is also an important screening tool for detecting colon and rectal cancer, including pre-cancerous changes.

### Important Reminders

- Please arrive **60 minutes** prior to your procedure.
- You **must** have a driver that can **stay with you** for the entire visit or the procedure. You **CANNOT** take a cab or Uber driver home.
- Arrange for a responsible adult to remain with you, at home, for 12 hours after your procedure.
- The procedure can take anywhere from 30-60 minutes to complete.
- If you are of child-bearing age, you will be asked to give a urine sample for a pregnancy test.
- You may return to work the following day.

### Medication Instructions

- **Do NOT take your morning medications on the day of your procedure, with the exception of the following:**
  - **Beta blockers** for blood pressure (such as metoprolol, atenolol, bisoprolol, carvedilol, or labetalol)- please take your beta blocker as prescribed with a small sip of water.
- If you take the following medications: **Pradaxa, Xarelto, Eliquis, Baby Aspirin** – **STOP** 2 days prior to your endoscopy.
- If you take the following medications: **Coumadin, Brilinta, Effient, Plavix, Imbruvica** – **STOP** 5 days prior to your endoscopy.

### SUFLAVE Bowel Prep Kit

- SUFLAVE Bowel Prep Kit is indicated for cleansing of the colon as a preparation for colonoscopy.
- Be sure to tell your physician about all the medications you take, including prescription and non-prescription medications, vitamins, and herbal supplements.
- Medications taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of SUFLAVE Bowel Prep Kit.
- The most common side effects after taking SUFLAVE Bowel Prep Kit include: abdominal distention and discomfort, abdominal pain, nausea, vomiting, and headache.

## Preparation

### 5 days before your procedure

- Decrease the fiber in your diet. This will help to reduce the dietary residue in your colon and facilitate the cleansing process (see Low Fiber Foods handout on page 5).
- SUFLAVE will be delivered to the address you provided- if you have not received it, please call our office.
- Buy 4 Dulcolax 5mg tablets (Laxative – not stool softener, over the counter).
- Buy 4 gas tablets (Simethicone, Gas-X, Mylanta Gas, over the counter).

### 1 day before your procedure

- **DO NOT** drink milk.
- **DO NOT** eat or drink anything colored red, blue, or purple.
- **DO NOT** drink alcoholic beverages.
- Take all routine medicine, unless you have been told otherwise.

#### At 12:00pm (noon)

- Start a clear liquid diet after 12:00pm (noon).
- Clear liquids include water, tea, coffee (no cream or sugar), carbonated drinks, Jell-O, clear broth, bouillon, apple juice, Crystal Light, Propel or Gatorade.
- You may drink protein drinks up until 3:00pm.

#### At 5:00pm

- Take four (4) Dulcolax Tablets.

#### At 6:00pm

- Complete the SUFLAVE Bowel Prep
  - Pour ONE (1) Packet of SUFLAVE powder into the mixing container.
  - Add lukewarm water to the fill line on the container and mix.
  - Cap the bottle and shake until dissolved (for best taste refrigerate for 1 hour prior to drinking, do not freeze, use within 24 hours).
  - Drink 8 ounces of solution every 15 minutes until the bottle is empty.
  - Drink an Additional 16oz of clear liquids during the evening.
    - You will pass many stools and there is a chance you may have some stomach cramps and bloating during this time. You may use petroleum jelly for rectal soreness.
    - If you vomit, stop drinking for 30 minutes, then continue every 15 minutes.
    - After you're done drinking the SUFLAVE, you will continue with a clear liquid diet.
    - **DO NOT EAT ANY SOLID FOOD.**

**At 9:00pm**

- Take 2 gas tablets with 8oz of clear liquid.
- DO NOT TAKE WITH FOOD AS PHARMACY INSTRUCTIONS STATE.

**At 10:00pm**

- Take 2 gas tablets with 8oz of clear liquid.
- DO NOT TAKE WITH FOOD AS PHARMACY INSTRUCTIONS STATE.

<b>The Day of your procedure</b>
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**4 hours before your arrival time**

- Complete the SUFLAVE Bowel Prep.
  - Pour ONE (1) Packet of SUFLAVE powder into the mixing container.
  - Add lukewarm water to the fill line on the container and mix.
  - Cap the bottle and shake until dissolved (for best taste refrigerate for 1 hour prior to drinking, do not freeze, use within 24 hours).
  - Drink 8 ounces of solution every 15 minutes until the bottle is empty.
- You may continue the clear liquid diet until 3 hours before your colonoscopy.

**3 hours before your appointment time**

- DO NOT EAT OR DRINK ANYTHING.

## Questions?

If you have any questions about your colonoscopy, the SUPREP instructions, and/or medications you are taking prior to this procedure, please call us at 616-956-6100 Option #2 (Nurse Line), between 8:00am – 4:30pm, Monday through Friday.

If you need to cancel or reschedule your procedure, please call us 48 hours in advance of your scheduled test. If you do not contact us to cancel or reschedule, you may be charged a \$50 fee.

## Low Fiber Diet Recommendations for Colonoscopy Preparation

**5 days before your procedure**

### **OKAY to Eat**

- Breads and grains made with refined white flour
- White rice
- Plain crackers
- Low fiber cereal
- Chicken, turkey, fish, pork, veal, beef, eggs
- Creamy peanut butter
- Soups – cream or broth based
- Liquid protein drinks
- Canned or cooked vegetables without skin or peels
- Fruit without skin or peels

### **Avoid these foods**

- Whole grain or high fiber cereal (includes granola, bran, oatmeal)
- Brown or wild rice
- Breakfast cereal with nuts or seeds
- Tough meat with gristle
- Chunky peanut butter
- Chili, bean, pea, or lentil soups
- Popcorn
- Yogurt mixed with nuts, seeds, granola
- Raw skins, seeds, peels, or certain vegetables (corn, tomatoes, peas, lettuce)
- Raw fruit with seeds, skin, or membranes
- Raisins or other dried fruits
- Nuts and seeds including peanuts, almonds, walnuts, and sunflower seeds