

Preparing for Your Colonoscopy

What to Expect With Your Bowel Prep Kit

SUFLAVE® an osmotic laxative indicated for cleansing of the colon in preparation for colonoscopy in adults. It is a split-dose (2-day) regimen. A total of 2 bottles are required for complete preparation for a colonoscopy. You will take 2 bottles of liquid in 2 separate doses.

SUPREP® is a low-volume bowel preparation that is taken as a split-dose regimen. A split-dose regimen means that you take two 6-ounce bottles of SUPREP Bowel Prep Kit. The first 6-ounce bottle is taken the evening before your colonoscopy and the second 6-ounce bottle is taken the morning of your colonoscopy.

SUTAB® is an osmotic laxative indicated for cleansing of the colon in preparation for colonoscopy in adults. It is a split-dose, two-day regimen. A total of 24 tablets are required. You will take the tablets in two doses of 12 tablets each.

On the Day Before Your Procedure

Do not eat solid foods the ENTIRE DAY before your procedure and when you take the SUFLAVE, SUPREP, OR SUTAB Bowel Prep Kit, until after you have your colonoscopy. You may have clear liquids ONLY.

Any of the following liquids are okay to drink:

- Water
- Strained fruit juices (without pulp) including apple, orange, white grape, or white cranberry
- Limeade or lemonade (without pulp)
- Coffee or tea (DO NOT use any dairy or non-dairy creamer)
- Chicken broth
- Gelatin desserts without added fruit or topping (NO RED, BLUE, OR PURPLE)

DO NOT consume:

- DO NOT drink milk
- DO NOT eat or drink anything colored red, blue, or purple
- DO NOT drink alcoholic beverages
- DO NOT smoke or use smokeless tobacco after midnight



Stop taking the following medications **14 days prior to your procedure**: Adipex and GLP1's/Semiglutides: Exanetide (Byett, Bydureon), Lixidenatide (Adlyxin), Semaglutide (Wegovy, Ozempic, Rybelsus), Liraglutide (Saxenda, Victoza), Dulaglutide (Trulicity), and Tirzepatide (Mounjaro).

Check with your prescribing physician for instructions if you take any of the following:

Medications usually stopped 5 days prior to procedure:

- Clopidogrel (PLAVIX)
- Warfarin (COUMADIN)
- Prasugrel (EFFIENT)

Medications usually stopped 2 days prior to procedure:

- Apixabaan (ELIQUIS)
- Rivaroxaban (XARELTO)
- Dabigatran (PRADAXA)

Medications to avoid 5 days before your procedure:

- Advil
- Empirin
- Motrin
- Aleve
- Feldene
- Naprosyn
- Ascriptin
- Ibuprofen
- Nuprin
- Celebrex
- Indocin
- Piroxicam
- Clinoril
- Indomethacin
- Sulindac
- Diclofenac
- Medipren

Please discontinue all vitamins and supplements and refrain from eating nuts, seeds, and granola **7 days before your procedure**. Tylenol is okay to take.

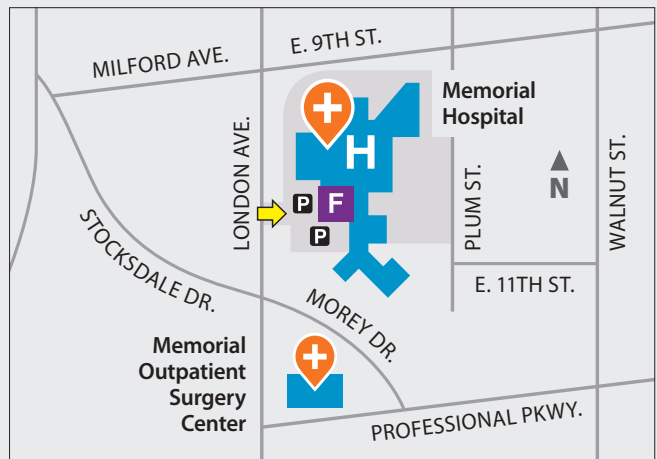
On the Day of Your Procedure

DO NOT eat or drink on the day of your procedure. Only consume your SUFLAVE, SUPREP, OR SUTAB Bowel Prep.

- You must be accompanied by an adult at the time of your procedure.
- One visitor is permitted in the preoperative area (no children).
- You must have someone to drive you home.
- **IMPORTANT! No drinking at least 2 hours before your colonoscopy.**

We perform colonoscopies in Marysville at Memorial Hospital and at our Outpatient Surgery Center. Directions will be supplied by our nursing staff on booking the procedure and clarified as needed on your call the day prior to your colonoscopy.

- Memorial Hospital**
500 London Ave, Marysville
937 644 6115
*Enter through the Heart & Surgical Pavilion,
Entrance F, and check-in at the Registration Desk.*
- Memorial Outpatient Surgery Center**
122 Professional Pkwy., Marysville
937 578 7900



Procedure date/time

Practitioner performing the procedure

 **Memorial** GENERAL & COLORECTAL SURGERY

☎ 937 578 2650

🌐 memorialohio.com

📍 140 Coleman's Crossing, Marysville, OH 43040

Our team will send your Bowel Prep Regimen to Gifthealth.

What to expect:

- Gifthealth will contact you to verify your information and collect your co-pay, if applicable.
 - Watch for a text or call from an (833) number from Gifthealth.
 - VIA TEXT: Gifthealth will send a "Welcome" SMS text and a "checkout link" SMS text – follow the link in the text for next steps.
 - VIA PHONE: You may also receive a phone call from an (833) number from Gifthealth.
 - THIS IS IMPORTANT: To set-up delivery, you must complete the checkout process via SMS link or speak/chat to one of the Gifthealth patient care reps. If they are unable to reach you, your prescription may be delayed.**
- Your prescription will be shipped to you with free shipping.
- Have additional questions? Gifthealth's patient care team is available to help:
 - Call: (833) 614-4438
 - Chat: www.gifthealth.com
 - Email: care@gifthealth.com

SUFLAVE® Bowel Prep Kit Instructions

SUFLAVE is a split-dose (2-day) regimen. A total of 2 bottles are required for complete preparation for a colonoscopy. You will take 2 bottles of liquid in 2 separate doses. One dose of SUFLAVE is equal to 1 bottle plus 1 flavor-enhancing packet.



Day 1, Dose 1: Early Evening Before Your Colonoscopy

Start Dose 1 at _____ p.m.

- Step 1** Open one flavor-enhancing packet and pour the contents into 1 bottle.
- Step 2** Fill the provided bottle with lukewarm water up to the fill line. After capping the bottle, gently shake the bottle until all powder has mixed well (dissolved). For best taste, refrigerate the solution for an hour before drinking. Do not freeze. Use within 24 hours.
- Step 3** Drink 8 ounces of solution every 15 minutes until the bottle is empty.
- Step 4** Drink an additional 16 ounces of water before going to bed.

IMPORTANT: If nausea, bloating, or abdominal cramping occurs, pause or slow the rate of drinking the solution and additional water until symptoms diminish.



Day 2, Dose 2: The Morning of Your Colonoscopy

Start Dose 2 at _____ a.m.

(5 to 8 hours before colonoscopy, but no sooner than 4 hours from taking Day 1, Dose 1)

- Step 1** Repeat Step 1 to Step 3 from Day 1, Dose 1.
- Step 2** Drink an additional 16 ounces of water during the morning.



IMPORTANT: You must complete 2 hours before your procedure.

NOTE: These are general instructions only. Please read the full prescribing information and medication guide for the kit you are using.

SUPREP® Bowel Prep Kit Instructions

SUPREP is a split-dose (2-day) regimen. Both 6-ounce bottles are required for a complete prep.

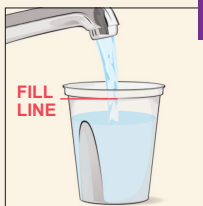
FIRST DOSE – Begin Step 1 at 5:00 p.m. the evening before your procedure and proceed as shown below:

You must complete Steps 1 through 4 using one (1) 6-ounce bottle before going to bed:



STEP 1

Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container.



STEP 2

Add cool drinking water to the 16-ounce line on the container and mix.

NOTE: Dilute the solution concentrate as directed prior to use.



STEP 3

Drink **ALL** the liquid in the container.



IMPORTANT

STEP 4

You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.

SECOND DOSE – Begin Step 1 at 4:00 a.m. the morning before your procedure and proceed as shown above.

IMPORTANT: You must complete 2 hours before your procedure.

SUTAB® Bowel Prep Kit Instructions

SUTAB is a split-dose (2-day) regimen. A total of 24 tablets is required for complete preparation. You will take the tablets in 2 doses of 12 tablets each. Water must be consumed with each dose of SUTAB, and additional water must be consumed after each dose.

DOSE 1 - On the Day Prior to Your Colonoscopy at 5:00 p.m.

Take the tablets with water

STEP 1 Open 1 (one) bottle of 12 tablets.

STEP 2 Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes.



Tablets not shown actual size.



IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.

Drink additional water

STEP 3 Approximately 1 (one) hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

STEP 4 Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

DOSE 2 - Day of Your Colonoscopy at 4:00 a.m.

- Continue to consume only clear liquids until after the colonoscopy.
- The morning of the colonoscopy (5 to 8 hours prior to the colonoscopy and no sooner than 4 hours from starting Dose 1), open the second bottle of 12 tablets.
- Repeat STEP 1 to STEP 4 from Dose 1.



Tablets not shown actual size.



IMPORTANT: You must complete all SUTAB tablets and required water at least 2 (two) hours before your colonoscopy.

IMPORTANT: You must complete 2 hours before your procedure.

NOTE: These are general instructions only. Please read the full prescribing information and medication guide for the kit you are using.

 **Memorial** GENERAL & COLORECTAL SURGERY

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