

BEEBE GASTROENTEROLOGY ASSOCIATES
33663 BAYVIEW MEDICAL DRIVE | UNIT 2 | LEWES, DE. 19958 | 302-645-9325

PROCEDURE LOCATION:

BEEBE Outpatient Surgery Center, 18941 John J. Williams Hwy, Rehoboth Beach De. 302-644-6992
(Surgical scheduling will call you after 1pm the day before your procedure to confirm your arrival time)

BEEBE Healthcare Operating Room, 424 Savannah, Lewes, De. 302-645—3000 x4776
(Surgical scheduling will call you after 1pm the day before your procedure to confirm your arrival time)

Read instructions front and back 2 weeks before your procedure. A high-quality colonoscopy requires a good clean-out. Poor clean-out may result in having to reschedule.

PICK UP AT PHARMACY or CONTACT GIFT HEALTH @ 833-614-4438

- 1) Suflave kit (prescription mailed electronically to your pharmacy), (if problems with insurance, call us for possible alternative preparation.)
- 2) Four over-the counter tablets (**Simethicone, Gas-X, Mylanta Gas**), extra-strength, if possible: not red in color.

COLONOSCOPY PREP INSTRUCTIONS-SUFLAVE

5 DAYS BEFORE PROCEDURE

No raw fruits or vegetables. No nuts, popcorn, or foods containing seeds. Stay well hydrated.

THE DAY BEFORE PROCEDURE

Breakfast-light breakfast such as yogurt, white toast, eggs, cottage cheese and black coffee or tea with some milk. After breakfast only clear liquids (examples): Coffee (no cream), Tea (no cream), Jell-O (not red or purple), popsicles (not red or purple), clear juice (not OJ) clear broth or bouillon, carbonated beverages (includes dark colas), no alcohol.

Take your evening medications if applicable.

AT 5PM: SUFLAVE

Step 1) Open 1 (one) flavor enhancing packet and pour the contents into 1 (one) 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 during the evening.

9PM: Take 2 Gas tablets with water, or chew if chewable tablets.

DAY OF THE PROCEDURE

4 Hours before procedure:

Step 1) repeat step 1 to step 3 from day one, dose one.

Step 2) Drink an additional 16 ounces of water during the morning.

Step 3) Take 2 Gas tablets with water, or chew if chewable tablets.

Step 4) Continue to drink additional clear liquids until 2 hours prior to your procedure.

We require a urine pregnancy test on women of childbearing age before the procedure.

Be prepared to give a urine sample when you arrive.

MEDICATIONS

****Blood thinners**:** If you are taking Aggrenox, Brilinta, Clopidogrel, Coumadin, Effient, Eliquis, Elmiron, Persantine, Plavix, Pletal, Pradaxa, Savaysa, Ticlid, Vitamin E, Warfarin or Xarelto, please contact the provider who prescribes these drugs and get instructions about holding them prior to the procedure.

Reduce or stop over the counter non-steroidals (Aleve, Ibuprofen, Motrin, Naprosyn, meloxicam, etc.), for one (1) week prior to your procedure due to their blood thinning action. Tylenol and acetaminophen CAN be used as a replacement.

If you are using **ASPIRIN** to preserve your health, i.e. you never had a stroke, TIA (mini stroke), angina (chest pain), heart attack, peripheral vascular disease, coronary artery disease, and you are not blind in one eye, then stop the aspirin for 10 days prior to procedure.

If you are on Baby-aspirin and have had any of those events listed above, keep taking it, do not stop it for the procedure.

If you have any questions, please call our office.

Diabetes: If you have diabetes contact the provider who prescribes your diabetes medication. You will need instructions on dosing changes before your procedure. Should you begin to feel like your blood sugar is dropping, you may suck on hard candy (not red or purple), a glucose tab, or have sips of clear juice anytime prior to the procedure.

Other medications: You can continue your other medications; particularly heart and blood pressure medications. Take them with some water on the day of your procedure.

Stop herbal medicines and nutritional supplements, vitamins, iron, mineral and weight loss medications (such as phentermine) 14 days prior to the procedure.

Please arrive @ the facility with the following:

- * Picture ID
- * Insurance cards
- * Medication list (including vitamins and supplements).
- * Responsible driver (18 years or older)

Your driver **MUST** be able to receive instructions, sign for your discharge, and remain at the center during your entire Procedure time. You will be considered legally impaired if you receive ANY sedation. No driving for 24 hours. Remove all jewelry and piercings and leave all valuables at home.

We are unable to use family members as interpreters. If you do not speak/understand English, please let us know if you need an interpreter and we will provide one for you.

TRAVELING AFTER THE EXAM: Delayed bleeding after polyp removal can occur. If you are planning to travel by airplane or a trip abroad, consider having the procedure one week before the departure or after you return to avoid having a problem on the airplane or in a foreign country.

Before your procedure you will be contacted by a nurse from the Beebe Outpatient Surgery Center or the OR and from the Beebe registration desk. It is imperative that you speak to these departments prior to your procedure, or it may be cancelled. Please ensure we have your correct contact phone number to facilitate this call.

If you have any insurance changes, please contact our office immediately so we can ensure a smooth process.

WE ARE COMMITTED TO KEEPING YOU SAFE AND ENSURING THAT YOU HAVE A POSITIVE EXPERIENCE. 10/2023