

Noah Zinkin, MD, MMSc
775 Park Avenue, Suite 225
Huntington, NY 11743
(631) 923-1420

Suflave – Split Dose Prep

*Please remember to arrange for a responsible adult to accompany you home. If you do not have an adult escort your procedure will be cancelled and rescheduled. Taxis are not permitted.

Review the preparation schedule below for the days preceding your colonoscopy. Should you need further assistance please call 631-923-1420

1 Week Prior

Go to pharmacy and fill your prescription for Suflave. Please call our office if you did not receive a prescription. If you take fiber supplements or vitamins containing iron, please discontinue 5 days before your appointment.

If you have diabetes, please ask us for diet and medication instructions.

If you take aspirin, plavix, Coumadin, or other blood thinners, please discuss with Dr. Zinkin whether you should continue or discontinue these prior to your procedure.

If you take Jardiance, Farxiga, Invokana or Steglatro, you must stop it 4 days before your procedure

3 Days Prior

Begin Low Fiber Diet (No fruits or vegetables. No whole wheat or high fiber. No seeds, nuts, corn or popcorn No bran or bulking agents)

The Day Prior

You may have a light, low fiber breakfast. Afterwards, begin a clear liquid diet. This includes water, clear broth or bouillon, coffee or tea, Gatorade, carbonated & non-carbonated soft drinks, Kool-Aid or other fruit-flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles and hard candy. For lunch, you may have ice cream, a milkshake, or yogurt that does not contain seeds, nuts or anything solid. Drink at least 64 ounces (1/2 gallon) of clear liquid throughout the day.

NO RED LIQUIDS

SUFLAVE Instructions:

Starting at 5:30 PM the evening before your procedure:

1. Open 1 flavor enhancing packet and pour the contents into 1 bottle.
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 dissolved. For best taste, refrigerate the solution before drinking.
3. Drink 8 ounces of solution every 15 minutes until the bottle is empty.
4. Drink an additional 16 ounces of water during the evening.

On the procedure day

Starting 6 hours before your procedure:

1. Repeat Step 1 to Step 3 from Day 1, Dose 1
2. Drink an additional 16 ounces of water during the morning
3. Stop drinking liquids at least 4 hours prior to colonoscopy.

Have NOTHING to eat or drink for 4 hours before your procedure. Morning medications may be taken with a sip of water.

Upon departing for your procedure:

Do not eat or drink anything. Morning medications may be taken with a sip of water.

Leave your valuables at home

Please arrange for a responsible driver to take you home. Taxis are not permitted.

Remember that no driving or work is permitted on the day of the procedure.

Women who have had a period within 1 year will be asked for a urine specimen for a pregnancy test