Dr. Julie A. Lorber
Colon & Rectal Surgeon

33 Overlook Road, Suite 306, Summit, NJ 07901

908.273.2886

SUFLAVE PREPARATION FOR COLONOSCOPY

If you take drugs such as diabetic medications, weight loss medications, diuretics, and/or blood thinners, please inform us before scheduling your procedure. If you have any major medical problems or change in medication since your last visit here, please make us aware in advance of your colonoscopy.

Withhold all medication the morning of your procedure, unless otherwise discussed with your doctor

_____**ONE WEEK before** your Colonoscopy:

DO NOT TAKE Aspirin, NSAIDS (Ibuprofen, Motrin, Aleve), Fish oil, Vitamin E and Iron. **Tylenol is ok.**

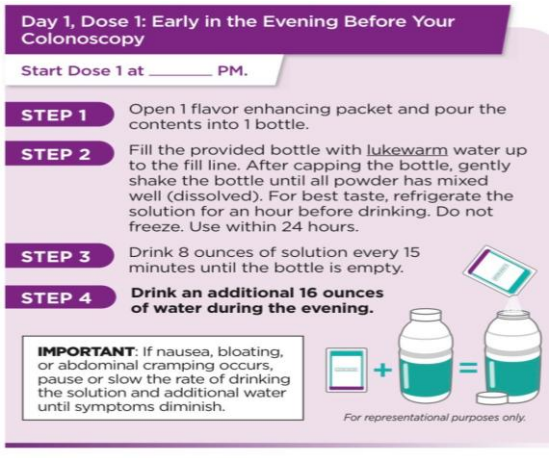
____**For four days before your colonoscopy:**

Avoid high fiber foods such as bran, whole wheat, seeds, popcorn, nuts, fresh fruit and vegetables (especially celery and corn) and fiber supplements, such as Metamucil or Benefiber. You may eat cooked, canned and/or juiced fruits and vegetables.

_____**ON THE DAY BEFORE YOUR COLONOSCOPY:**

Hydrate well with clear liquids, Jell-O, broth, clear juices such as apple, white grape, or white cranberry juice, Italian ices, and popsicles. Stay away from **orange and or red colors**. Please drink at least two (2) quarts of fluid to avoid dehydration. **You may have eggs, milk, cottage cheese, white bread, cream of wheat, grits, cornflakes, plain vanilla ice cream, and vanilla yogurt until **5 pm**. You can continue drinking the clear fluids.

{You can use Country Time lemonade or Crystal Light powder for flavoring}





Note: Individuals respond differently to this prep (it may work within 30 min but may take several hours. The laxative effect is intended to be vigorous. Please remain within easy reach of toilet facilities or wear Depends. Continue to drink clear liquids during and early morning of your procedure__**TAKE NOTHING BY MOUTH 3HOURS BEFORE YOUR COLONOSCOPY**__ If the stool is not clear (you cannot see the bottom of the toilet bowl), please take a Fleet enema 30 minutes before leaving your home.