



Phone: 212-889-5544  
Fax: 212-481-1089  
www.gastro-nyc.com

## Colonoscopy Preparation Instructions: Suflave

NAME: \_\_\_\_\_

PROCEDURE: \_\_\_\_\_ Colonoscopy \_\_\_\_\_

ENDOSCOPIST: \_\_\_\_\_

DATE OF PROCEDURE: \_\_\_\_\_

FACILITY ARRIVAL TIME: \_\_\_\_\_

\*procedure time is subject to change by the procedure center the day prior\*

The center will call you to confirm your appointment 24 hours before your procedure



**ADDRESS:**  
**Lenox Hill Greenwich Village Ambulatory Center**  
**200 W 13<sup>th</sup> St (at 7<sup>th</sup> Ave), 4<sup>th</sup> Floor**  
**New York, NY 10011**  
**(929) 292-3700**

**\*\*Pick-up escort required**

Your procedure will be performed by Doctor: \_\_\_\_\_

Address: \_\_\_\_\_

Date of procedure: \_\_\_\_\_ Arrive at: \_\_\_\_\_ AM/PM

Comments: \_\_\_\_\_

## What to Eat the Day BEFORE Your Colonoscopy

Please follow a low residue diet and do not eat anything after starting the bowel prep. Eat what is permitted unless otherwise directed by your doctor.

### What You CAN Do

- You may have a low residue breakfast only. Low residue breakfast foods include eggs, white bread, cottage cheese, yogurt, grits, coffee, and tea.
- You may have clear liquids.

### What You CANNOT Do

- Do not drink milk or eat or drink anything colored red or purple.
- Do not drink alcohol.
- Do not take other laxatives while taking SUFLAVE.
- Do not take oral medications within 1 hour of starting each dose of SUFLAVE.
- If taking tetracycline or fluoroquinolone antibiotics, iron, digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before and not less than 6 hours after administration of each dose of SUFLAVE.

### Liquids That Are OK to Drink

- Coffee, tea (no cream or non-dairy creamer)
- Fruit juices (without pulp)
- Gelatin desserts (no fruit or topping)
- Water
- Lemonade
- Chicken broth

### Note

- SUFLAVE is an osmotic laxative indicated for cleansing of the colon in preparation for colonoscopy in adults.
- Be sure to tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. SUFLAVE may affect how other medicines work.
- Medication taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of SUFLAVE.
- The most common adverse reactions after administration of SUFLAVE were nausea, abdominal distension, vomiting, abdominal pain and headache.
- If nausea, bloating, or abdominal cramping occurs, pause or slow the rate of drinking the solution and additional water until symptoms diminish.
- Contact your healthcare provider if you develop significant vomiting or signs of dehydration after taking SUFLAVE or if you experience cardiac arrhythmias or seizures.
- If you have any questions about taking SUFLAVE, call your doctor.

Please read the full Prescribing Information and Medication Guide in the kit.

To learn more about this product, please call 1-800-874-6756.

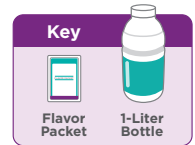


Bottles and packets not shown actual size.

**SUFLAVE™**  
(polyethylene glycol 3350,  
sodium sulfate, potassium chloride,  
magnesium sulfate, and sodium  
chloride for oral solution)  
178.7 g/7.3 g/1.12 g/0.9 g/0.5 g

## The Dosing Regimen

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



### Day 1, Dose 1: Early in the Evening Before Your Colonoscopy

Start Dose 1 at **5:00 PM.**

#### STEP 1

Open 1 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 during the evening.

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



Bottles and packets not shown actual size.

### Day 2, Dose 2: The Morning of the Colonoscopy (5 to 8 hours prior to the colonoscopy and no sooner than 4 hours from starting Dose 1)

Start Dose 2 at \_\_\_\_\_ AM.

#### 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:** Continue to consume only clear liquids until colonoscopy. Stop drinking liquids at least 2 hours prior to colonoscopy.



Bottles and packets not shown actual size.

Stop drinking liquids at least 2 hours prior to colonoscopy.

Provided as an educational service from **BrainTree**  
A PART OF SEBELA PHARMACEUTICALS\*

## 1 DOSAGE AND ADMINISTRATION

### 1.1 Important Preparation and Administration Instructions

- Correct fluid and electrolyte abnormalities before treatment with SUFLAVE
- Two doses of SUFLAVE are required for a complete preparation for colonoscopy. One dose of SUFLAVE is equal to one bottle plus one flavor enhancing packet.
- Reconstitute each bottle with water before ingestion. Do not reconstitute SUFLAVE with liquids other than water and/or add starch-based thickeners to the mixing bottle
- Must consume an additional 16 ounces of water after each dose of SUFLAVE.
- Consume a low residue breakfast on the day before colonoscopy. After breakfast, only consume clear liquids up to 2 hours prior to colonoscopy.
- Do not eat solid food or drink milk or eat or drink anything colored red or purple.
- Do not drink alcohol.
- Do not take other laxatives while taking SUFLAVE
- Do not take oral medications within 1 hour of starting each dose of SUFLAVE
- If taking tetracycline or fluoroquinolone antibiotics, iron, digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before and not less than 6 hours after administration of each dose of SUFLAVE
- Stop consumption of all fluids at least 2 hours prior to the colonoscopy.
- If nausea, bloating, or abdominal cramping occurs, pause or slow the rate of drinking the solution and additional water until symptoms diminish.

### 1.2 Split-Dose (2-Day) Recommended Dosage

The recommended Split-Dose (two-day) regimen consists of two doses of SUFLAVE:

- *Day 1, Dose 1: Evening before Colonoscopy:* 1 bottle with flavor enhancing packet
- *Day 2, Dose 2: Morning of the Colonoscopy (5 to 8 hours prior to the colonoscopy and no sooner than 4 hours from starting Dose 1):* 1 bottle with flavor enhancing packet

### 1.3 Preparation and Administration Instructions

#### **The Day Prior to Colonoscopy:**

- A low residue breakfast may be consumed. Examples of low residue foods are white bread, biscuits, muffins (no wheat), cornflakes, eggs, cream of wheat, grits, yogurt, cottage cheese, coffee, tea, juice without pulp, fruit (no skin or seeds).
- After breakfast, only consume clear liquids until after the colonoscopy. Examples of clear liquids are water, fruit juice (without pulp), lemonade, plain coffee, tea (no cream or non-dairy creamer), chicken broth, gelatin dessert (no fruit or topping).
- No red or purple liquids, no milk or alcoholic beverages.

#### **Day 1, Dose 1 – Early in the Evening Prior to Colonoscopy:**

- Open 1 flavor enhancing packet and pour the contents into 1 bottle.
- 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 for an hour before drinking. Do not freeze. Use within 24 hours.
- Drink 8 ounces of solution every 15 minutes until the bottle is empty.
- Drink an additional 16 ounces of water during the evening.

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 the Colonoscopy (5 to 8 hours prior to the colonoscopy and no sooner than 4 hours from starting Dose 1) :**

Continue to consume only clear liquids until after the colonoscopy.

1. Repeat Step 1 to Step 3 from Day 1, Dose 1.
  2. Drink an additional 16 ounces of water during the morning.
- Stop drinking liquids at least 2 hours prior to colonoscopy.
  - If nausea, bloating, or abdominal cramping occurs, pause or slow the rate of drinking the solution and additional water until symptoms diminish.

**Storage of Reconstituted Solution**

After reconstitution, keep solution refrigerated 2°C to 8°C (36°F to 46°F). Do not freeze. Use within 24 hours, discard unused solution.

**\*Please pick up the prep at your pharmacy within 10 days of receiving this paperwork\***

# Your Visit Made Easy With *Valet Services*



## **Location**

200 W 13<sup>th</sup> St  
New York, NY 10011

## **Hours of Operation**

5:30am – 5:00pm

## **Rates**

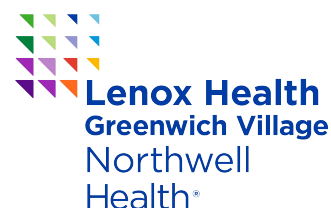
Up to 3 hours	-	\$25.00
Up to 6 hours	-	\$30.00
Up to 12 hours	-	\$35.00
Up to 24 hours	-	\$45.00

## **Need Assistance?**

(973) 518 - 8090

**Pleased to provide premium valet  
service to make your visit as easy  
and convenient as possible**

# ESCORT INFORMATION



## Outside care providers to take you home after ambulatory surgery

### Medical Chaperone

Phone: 212-472-1954

We are usually able to accommodate last minute coordination of a medical escort the day of surgery as long as we are fully staffed.

**Medical Escorts:** The fee for service in Manhattan weekdays from 14th Street up to 100th Street and from the eastside across to the westside is \$46 with a 2 hour or \$92 minimum. The fee for service in Manhattan weekends, holidays, and weekdays after 8:00pm is \$56 per hour with a 2 hour or \$112 minimum.

The patient is responsible for the taxi/carfare to their destination after discharge.

<https://discreetchaperone.com/>

### Partners In Care (Also Known as VNS Health)

Phone: 1-888-735-8913

We ask that the inquiry be at least 24hr ahead of time, but we will work hard to coordinate day of medical escorts so long as we have approximately 2-3 hours of notice prior to discharge time.

### Medical Escorts: Out of Pocket Cost \$114 | 4 Hours

<https://www.vnshealth.org/home-care/>

### Allure Home Care:

Phone: 646-994-0191

Cost: \$160 dollars for up to 4 hours. Patient is responsible for their own transport. Please provide 24-hour notice as same day service is difficult to accommodate.

<https://allurehomecare.com>

### Access-A-Ride:

Phone: 877-337-2017

Access-A-Ride provides transportation for people with disabilities whose disability prevents their use of accessible mass transit, public bus, or subway service for some or all trips. Access-A-Ride is operated by private carriers under contract to the City.

Please ask for the "Call Out & Assist" Option During Booking

<https://new.mta.info/accessibility/access-a-ride>

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## Preparing for your visit: *Outpatient Endoscopy, Colonoscopy Procedure*



Photo ID



Insurance card/  
form of payment



List of current  
medications and  
dose



A responsible adult escort to take you home.  
You will need their phone number, as our staff  
call them to confirm they will be picking you up

### What To Expect:



Preparation



Arrive



Check-In & Reception



Prepare



Procedure & Recovery



Heading Home

1

Take your medications as directed by your doctor. For questions about bowel prep, consult your referring physician. After midnight before the procedure, avoid eating or drinking, except for medications with a sip of water or bowel prep if needed.

2

Please arrive 1 hour prior to your appointment time. Drop off/pick up location: Lenox Health Greenwich Village 200 W 13th Street New York, NY 10011. Parking information available on page 2

3

Upon entry you will receive an ID badge and be directed to the Endoscopy Suite on the 4<sup>th</sup> floor where you will fill-out paperwork and make a payment, if applicable.

4

Your healthcare team will review your medical history, medications, & prepare you for your procedure  
  
Your physician & Anesthesiologist will explain the procedure and obtain your consent

5

You will then be escorted to the procedure room to begin your procedure  
  
After the procedure, you will receive discharge instructions and the procedure report. You will be brought to the recovery suite

6

When you are ready to go home, you will be discharged & brought to the same entrance where you arrived  
  
Before you go home, you will receive education & instructions  
  
**You will receive a follow-up phone call from one of the nurses within 72 hours.**

## Preparing for your upcoming visit



### Information About Your Procedure\*:

*Estimated Procedure Time: between 30-60 minutes*

1. After your registration and paperwork are complete, the nurse will start an IV, and speak to your anesthesiologist and gastroenterologist
2. The provider, MD, NP, or PA will explain this part of the procedure to you in detail and obtain your written consent.



### The Cost of Your Procedure:

*Understanding your co-pay/co-insurance*

- Please reach out to your insurance company before your procedure to find out about your specific plan.
- Depending on your insurance, you may be responsible for a co-pay, deductible, co-insurance, or out-of-pocket expense.



*Phone # listed on the back of your insurance card*



### Frequently Asked Questions

*Additional questions can be asked during your pre-operative phone call or to your physician*

1. Valet parking is available between 6 am and 5 pm (if you need to pick up your car after 5 pm, you may do so at 101 W 12<sup>th</sup> Street between 6<sup>th</sup> and 7<sup>th</sup> avenues)
2. Please leave valuables home but we will have a locker for any belongings you bring
3. Visitation: 2 support persons are allowed, 1 at the bedside