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## Instructions for Colonoscopy with SUFLAVE

### **DAY BEFORE YOUR PROCEDURE: CLEAR LIQUIDS ONLY!! YOU CAN NOT HAVE ANYTHING RED OR PURPLE**

Drink only "clear liquids" for breakfast, lunch and dinner. (Solid foods, milk or milk products are NOT allowed.

#### **Clear liquids include:**

Strained fruit juices without pulp (Apple, White grape juice or lemonade), water, broth or bouillon, coffee or tea (without any kind of creamer powder or liquid) Gatorade/Powerade, carbonated and non-carbonated soft drinks, Kool-Aid or other fruit flavored drinks, Jell-O (without added fruits or toppings and ice popsicles.

\*Again, **NOTHING** red or purple.

### **1-2 WEEKS BEFORE PROCEDURE PICK UP THE FOLLOWING AT THE PHARMACY**

- Purchase (1) SuFlave bowel prep solution

### **MORNING OF THE DAY BEFORE PROCEDURE:**

- Prepare your SuFlave bowel prep solutions. (You may use the flavor packets if you like) Fill both bottles with lukewarm water and gently shake until all the powder has dissolved. Place both bottles in the refrigerator.

### **AT 4:00 PM DAY BEFORE PROCEDURE:**

- Start drinking the first bottle of the SuFlave mixture
- Drink one 8oz glass every 15-20 minutes until the bottle is completed.

\*It is best to drink the whole glass rapidly, rather than sipping small amounts continuously. If you start to get nauseated, stop for 15 minutes, then resume taking the prep at a slower pace.

### **AT 8:00 PM DAY BEFORE PROCEDURE:**

- Start drinking the second bottle of the SuFlave mixture
- Drink one 8oz glass every 15-20 minutes until the bottle is completed.

Bowel movements will continue periodically for approximately 1-2 hours after you have finished drinking the last glass.

**Individual responses to laxatives do vary: this prep may cause multiple bowel movements.**

**YOU MAY HAVE CLEAR LIQUIDS UP UNTIL MIDNIGHT. ABSOLUTLY NOTHING TO EAT OR DRINK UNLESS OTHERWISE DIRECTED.**

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