

**Instructions for Colonoscopy with SUFLAVE scheduled 12:30 PM or later**

**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 8:00 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 5:00 AM MORNING OF THE PROCEDURE:**

- Start drinking the second bottle of the SuFlave mixture
- Drink one 8oz glass every 15-20 minutes until the bottle is completed.
- Finish entire second bottle of the prep by 7:00 AM

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 7:00 AM . ABSOLUTLY NOTHING TO EAT OR DRINK UNLESS OTHERWISE DIRECTED.**

Northeast Medical Center  
4000 Medical Center Drive  
Suite 217  
Fayetteville, NY 13066  
(315) 329-7300  
Fax: (315) 329-7308

Brittonfield Parkway  
4939 Brittonfield Parkway  
Building B, Second Floor Suite 209  
East Syracuse, NY 13057  
(315) 218-0085  
Fax: (315) 218-0087

Township 5 Medical Park  
260 Township Blvd  
Suite 20  
Camillus, NY 13031  
(315) 708-0190  
Fax: (315) 488-3284