

## Suflave Bowel Prep Instructions

### One Day Before Colonoscopy:

- **CLEAR LIQUIDS ONLY** - no solid food
  - Allowed
    - Clear Fat-Free Broth (any flavor)
    - Tea or Coffee (no creamer or dairy) - sugar/honey are ok
    - Clear juices - apple, white grape
    - Carbonated beverages - Coke, Pepsi, Ginger-Ale, 7UP, Sprite, Ice - flavored water
    - Gatorade or other sports drinks
    - Flavored gelatin (Jello)
    - Popsicles (without milk or fruit pieces)
    - Electrolyte Water - Propel, Smartwater, Fuji Water
    - Clear Ensure - NOT chocolate, strawberry, or vanilla
  - **\*\*NOTHING THAT IS RED, BLUE, OR PURPLE\*\***
  - NOT Allowed
    - No dairy products (including oat and soy milk)
    - No alcohol
    - No juices with pulp (orange, pineapple, grapefruit)
    - No lemons or limes (including lemonade)

**It is important that you drink fluids and stay well hydrated prior to your colonoscopy.**

**\*\*You MUST remain on a clear liquid diet until after your colonoscopy\*\***

- **Medications:**
  - You must stop erectile dysfunction medications 24 hours prior - including Viagra and Cialis

### **Bowel Prep:**

- Follow these instructions - DO NOT FOLLOW INSTRUCTIONS ON THE BOX

### **Suflave Instruction:**

For your procedure you will take one half of the prep the evening before the procedure, and the other half the morning of the procedure.

**OPTIONAL: Take one tablet of Ondansetron 30 minutes prior to each dose for nausea.**

### **One Day Before Procedure:**

**In the AM:** Open 1 flavor enhancing packet and pour contents into 1 bottle. Fill the provided bottle with LUKEWARM water up to the fill line. After capping, gently shake the bottle until all

the powder is dissolved. Refrigerate the solution. **\*\*Remember no solid food - clear liquids only\*\***

**At 5 p.m.:** Drink 8 ounces of solution every 15 minutes until the bottle is empty. Drink an additional 16 ounces of water following.

**In the Evening:** Mix second dose and place in fridge (see above mixing instructions)

**Day of Procedure:**

**6 hours before ARRIVAL TIME:** Drink 8 ounces of solution every 15 minutes until the bottle is empty. Drink an additional 16 ounces of water following.

**Day of Procedure:**

- **Do NOT smoke, chew tobacco, chew gum, or have hard candies or mints**
- ONLY CLEAR LIQUIDS- no solid food
  - Water
  - Black coffee (no creamer or dairy products) - sugar/honey are ok
  - Apple juice
  - Clear soda - 7Up, Sprite, club soda

**\*\*NOTHING BY MOUTH 4 HOURS PRIOR TO ARRIVAL OR YOUR CASE WILL BE CANCELLED\*\***