

# SUFLAVE

## Colonoscopy Preparation Instructions

### READ ALL INSTRUCTIONS UPON RECEIPT

#### 5 DAYS PRIOR:

- If you have not received your SUFLAVE prep, please call your doctor's office.
  - Stop all stool formers (Metamucil, FiberCon, Citrucel), vitamins, and iron, but continue your other medications.
  - If you are on blood thinners, plan to stop them according to the instructions provided, but continue your other medications.
- 

#### 2 DAYS PRIOR:

- Stop eating nuts, seeds, and raw vegetables.
- 

#### 1 DAY PRIOR:

- Only consume clear liquids.
  - Do not eat solid food until after your procedure.
  - No milk or milk products, no soy or non-dairy creamer, no juice pulp, no alcohol, and nothing red or purple in color.
  - Drink at least eight - 8oz glasses of clear liquid (64oz) during the day prior to starting your prep.
- 

Two doses of SUFLAVE are required for a complete preparation. Each dose consists of 1 bottle and 1 flavor packet.

#### **EVENING PRIOR TO COLONOSCOPY AT 5-6 PM: DOSE 1**

1. Open one (1) packet and pour the contents into 1 bottle.
  2. Fill the provided bottle with lukewarm water up to the fill line. Gently shake the bottle until all the powder has mixed well. For best taste, refrigerate the solution for an hour before drinking. **Do not freeze.** Use within 24 hours.
  3. Drink 8 ounces of solution every 15 minutes until bottle is empty.
  4. Drink an additional 16 ounces of water during the evening.
- 

#### **DAY OF COLONOSCOPY, REMAIN ON A CLEAR LIQUID DIET: 5 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME: DOSE 2**

1. Open the other flavor packet and pour the contents into the second bottle.
2. Fill the provided bottle with lukewarm water up to the fill line. Gently shake the bottle until all the powder has mixed well. For best taste, refrigerate the solution for an hour before drinking. **Do not freeze.** Use within 24 hours.
3. Drink 8 ounces of solution every 15 minutes until bottle is empty.
4. Drink an additional 16 ounces of water during the morning.



# SUFLAVE

## Colonoscopy Preparation Instructions

### 3 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

- Stop drinking all liquids.
  - Take all other morning medication with a small sip of water 3 hours prior.
  - Do not drink anything else after this time.
- 

### TRANSPORTATION:

- Bring someone with you that can safely drive you home. No taxis, ride shares or public transportation, unless you are accompanied by a family member or friend.
- 

### CANCEL OR RESCHEDULE:

- Please let us know at least 3 business days, prior to your appointment, if you need to cancel or reschedule to avoid a late notice fee.
- 

### NO CHEWING TOBACCO OR SMOKING (CIGARETTE, CIGAR, PIPE, MARIJUANA, VAPOR):

- Please do not smoke or chew tobacco on the date of the procedure, until after your procedure. Nicotine Patch OK.

**CALL 210-614-1234 IF YOU HAVE ANY QUESTIONS**