



Suflave
Colonoscopy Preparation Instructions
For patients with no history of renal disease

FOLLOW THESE INSTRUCTIONS – NOT THOSE ON THE BOX YOU RECEIVE FROM THE PHARMACY!

Items to Purchase

Suflave (prescription)

3 Days Before Procedure

- ✓ Eat a well-balanced diet. Avoid whole grain foods, nuts, seeds, popcorn, raw or dried fruits and vegetables, and salads.

Day Before Procedure Beginning at 12:01am

- ✓ For the entire day before your procedure, you should have **NO SOLID FOOD**. You should begin a clear liquid diet.
 - Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.
 - **DO NOT** consume anything red in color **OR** dairy products.

- ✓ At **4:00pm**, complete steps 1 through 4 using **only one** of the bottles and **one** of the flavor packets.

Step 1: Open 1 flavor 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 dissolved. Refrigerate the solution for an hour before drinking. Do not freeze.

Step 3: Drink 8 ounces of solution every 15 minutes until the bottle is empty.

Step 4: Drink an additional 16 ounces of water before going to bed.

If nausea, bloating, or abdominal pain occur, slow the rate of drinking the solution until symptoms resolve. Then resume prep.

Day of Procedure

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time:** Repeat **steps 1-4** (shown above) using the other bottle and flavor packet.
- ✓ **4 hours prior to arrival time:** Take any necessary medications. You must be finished with your final glass of water.

ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME!