

**Items needed for your SUFLAVE™ Colonoscopy prep:**

SUFLAVE™ prep (provided via prescription) – any additional clear liquids



SUFLAVE™ is a split dose. You will drink each bottle 4 hours apart.

Upon waking up in the morning (the day prior to your colonoscopy), you will start a clear liquids diet.

**No solid food.**

<p><b><u>DOSE 1</u></b></p> <p>The day <b>BEFORE</b> Colonoscopy (Around 3PM)</p>	<p><b>Step 1</b></p>	<ul style="list-style-type: none"> <li>Fill bottle 1 to fill line. Optional: Add in flavor packet</li> </ul>
	<p><b>Step 2</b></p>	<ul style="list-style-type: none"> <li>Drink 1/4<sup>th</sup> of the bottle every 15 minutes. Finish the bottle within 1 hour.</li> <li>Continue clear liquids to avoid dehydration.</li> </ul>
<p><b><u>DOSE 2</u></b></p> <p>At least 4 hours after dose 1 (Around 7PM)</p>	<p><b>Step 1</b></p>	<ul style="list-style-type: none"> <li>Fill bottle 2 to fill line. Optional: Add in flavor packet</li> </ul>
	<p><b>Step 2</b></p>	<ul style="list-style-type: none"> <li>Drink 1/4<sup>th</sup> of the bottle every 15 minutes. Finish the bottle within 1 hour.</li> <li>Continue clear liquids until midnight.</li> </ul> <p><i>You MUST stop ALL clear liquids at midnight.</i></p>

**Clear liquid diet list:**

- Gatorade, Powerade, Pedialyte, Smart Water
- Broth or Bouillon (no noodles, meat, or vegetables)
- Coffee or Tea (no milk or creamer)
- Carbonated or Non-Carbonated soft drinks
- Kool-Aid or Fruit Flavored Drinks (no red or purple)
- Jell-O or popsicles (no red or purple)

**\*Please avoid:** Alcohol, dairy products, noodles or vegetables in soup, liquids you CANNOT see through.