

SUFLAVE PREP **Day Before Your Colonoscopy**

The entire day before the procedure only clear liquids (see list below).

Acceptable clear liquids: (any of the following not colored red or purple)

Apple juice, white grape juice, strained fruit juices without pulp, sports drinks such as Gatorade, Jell-O, popsicles, (read the label, some can contain dairy/fruits), clear soda, tea, black coffee, flavored water or broth.

STOP all broth and Jell-O 8 hours before procedure.

Solid food, milk or milk products are not allowed.

NO MARIJUANA 48 HRS BEFORE PROCEDURE

NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE **INCLUDING GUM, MINTS, CANDY, ETC**

BETWEEN 3PM AND 6PM – START YOUR PREP

SUFLAVE is a split-dose (2-day) regimen. A total of 2 bottles are required for complete preparation for colonoscopy. You will take 2 bottles of liquid in two separate doses.

STEP 1: Open 1 flavor enhancing 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 mixed well (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. Drink an additional 16 ounces of water.

Make a conscious effort to drink as much clear liquids as you can before and during the preparation.

IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause, or slow the rate of drinking the additional water until your symptoms diminish. Drink additional water

Day Of Colonoscopy

STEP 1: 5-8 HOURS before your procedure open 1 flavor enhancing packet and pour the contents into SECOND bottle.

Repeat **STEP 2 and STEP 3** from DOSE 1.

- **You must complete liquids 4 hours before your procedure.**

***REMINDER: NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE INCLUDING GUM, MINTS, CANDY, ETC**

(Once the prep is completed, your stool should be clear to yellow (urine color). If not, please call our office. 520-795-3090. If you do not follow these instructions, your prep may not meet the requirements for us to complete the procedure and could possibly have to be rescheduled.



You must have someone drive you home after your procedure. You will not be allowed to leave by yourself. You will not be able to drive for the remainder of the day.

****Diabetic Patients****

Blood Sugar Management:

Please check your blood sugar more frequently throughout the day during this 2-day prep. When selecting foods listed on the clear liquid diet, please drink regular juices and sodas. You may consume non-diabetic products the day before the procedure. If your blood sugar becomes low during your preparation when you are to be drinking water only, you may drink clear juices to help raise your blood sugar. If you have any concerns regarding your blood sugar, please call our office and speak to one of the nurses. If it is after hours, call the main office number and speak to the physician on call.

A 48-hour (business days) notice is required if you need to cancel or reschedule your appointment, or you will be charged a cancellation fee of \$100.00.