

SUFLAVE INSTRUCTIONS

DAY BEFORE YOUR EXAM:

Do not eat any solid food. Clear liquid diet **only*** and be sure to **hydrate throughout the day.**

*Clear Liquids CANNOT be Red, Purple, or Blue. NO Dairy products.

Dose 1 - 5pm the day before your exam.

Start prepping both bowel prep doses (**For best taste, the prep should be refrigerated for 1 hour. Start prepping your doses at 5pm and begin drinking your first dose at 6pm**)

- Step 1: At 5pm, 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 dissolved.
- Step 3: Repeat Steps 1 and 2 with your second flavor packet/bottle. Put both doses in the refrigerator (Do not freeze. Use within 24 hours).
- Step 4: At **6pm**, retrieve one bottle from the fridge. Drink 8 ounces of solution (about ¼ of the bottle) every 15 minutes until the bottle is empty. This should take you about an hour. **Take the full hour.**
- Step 5: Drink an additional 16 ounces of water during the evening **whenever you feel comfortable.**

****If nausea, bloating or abdominal cramping occurs during either dose, pause or slow the rate of drinking the solution and additional water until symptoms diminish.****

Dose 2 - Start 5 hours before your procedure arrival time*

*The facility will give you this time by 6pm the evening before your test.

- Step 1: Retrieve your second bottle from the refrigerator, shake it back up until blended.
- Step 2: Drink 8 ounces of solution (about ¼ of the bottle) every 15 minutes until the bottle is empty. This should take you about an hour. **Take the full hour.**
- Step 3: Drink an additional 16 ounces of water during the morning **whenever you feel comfortable.**
- Step 4: **Continue a clear liquid diet until 2 hours before your arrival time.**
- Your stool should be a clear yellow liquid. The colon must be cleared of all solid matter so that the doctor can see clearly. If your colon is not clean your exam may be canceled.
- The morning of your procedure, please take all of your normally scheduled prescription medications unless instructed otherwise by your provider.

**If you have any questions regarding these instructions, contact Centers for Digestive Health
(219) 922-4900 Option (3)**