

DDA | DIGESTIVE DISEASE ASSOCIATES

SUFLAVE Prep Instructions

Please follow these instructions and **NOT** the instructions on the Suflave box.

Please do not take any oral medications within 2 hours of starting each dose of SUFLAVE.

If your arrival time is BEFORE 11:45 am Please follow these instructions:

One day before you procedure:

1. NO SOLID FOOD OR DAIRY. CLEAR LIQUIDS ONLY THE ENTIRE DAY.
2. See the list of acceptable liquids on your "Universal Colonoscopy Prep Instructions" that you received.
3. **5 PM**- Open 1 flavor enhancing packet and pour the contents into 1 bottle.
4. Fill the provided bottle with **lukewarm water** to the fill line. After capping the bottle, gently shake the bottle until the powder has mixed well (dissolved). For best taste, refrigerate the solution for an hour before drinking. Do not freeze. Use within 24 hours.
5. Drink 8 ounces of solutions every 15 minutes until the bottle is empty.
6. Drink an additional 16 ounces of water during the evening. **Important: If nausea, bloating and abdominal cramping occurs slow the rate of drinking.**
7. **10 pm**- Open 2nd flavor enhancing packet, pour content into the second bottle and repeat steps 4-6.

If your arrival time is AT OR AFTER 11:45 am. Please follow these instructions.

Day Prior to your procedure:

1. REPEAT ABOVE STEPS 1-6 Above.

Day of the procedure:

1. **5AM** - Open 2nd flavor enhancing packet and pour content into the 2nd bottle. Fill the provided bottle with lukewarm water to the fill line. After capping the bottle, gently shake the bottle until the powder has mixed well (dissolved). For best taste, refrigerate the solution for an hour before drinking.
2. Drink 8 ounces of solutions every 15 minutes until the bottle is empty.

Once finished **NOTHING BY MOUTH; NOT EVEN WATER!!!** If you take blood pressure, heart, seizure, or anxiety meds in the morning. PLEASE take them at least 2 hours prior to your arrival. Please take them with only a sip of water. All other medications can be held until after the procedure.