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## **SUFLAVE INSTRUCTION**

### **THE MORNING BEFORE THE PROCEDURE:**

- CLEAR LIQUIDS ALL DAY, NO SOLID FOOD (REFER TO THE LIST ON THE BACK OF YOUR GENERAL INSTRUCTIONS FOR WHAT YOU CAN HAVE).
- **DO NOT CONSUME ANYTHING RED, BLUE, OR PURPLE.**
- **NO ALCOHOL OR DAIRY PRODUCTS!**
- **MIX YOUR PREP:**
  - IN THE BOX THERE SHOULD BE TWO 16oz BOTTLES AND TWO FLAVORING PACKETS.
  - POUR ONE FLAVOR ENHANCING PACKET INTO ONE BOTTLE AND DO THE SAME WITH THE SECOND BOTTLE.
  - FILL THE PROVIDED BOTTLES TO THE FILL LINE WITH LUKEWARM WATER.
  - ONE AT A TIME, CAP THE BOTTLES AND GENTLY SHAKE UNTIL ALL THE POWDER HAS MIXED WELL AND THEN REFRIGERATE.

### **THE EVENING PRIOR TO THE PROCEDURE:**

- **1<sup>ST</sup> DOSE AT 5PM**
  1. TAKE ONE BOTTLE OF SOLUTION FROM YOUR REFRIGERATOR AND GENTLY SHAKE IT AGAIN TO MAKE SURE THE POWDER IS WELL DISSOLVED.
  2. DRINK 8oz OF SOLUTION EVERY 15 MINUTES UNTIL THE BOTTLE IS GONE.
  3. DRINK AN ADDITIONAL 16oz OF WATER DURING THE EVENING.

### **THE MORNING OF THE PROCEDURE:**

- **2<sup>ND</sup> DOSE, 6 HOURS PRIOR TO YOUR PROCEDURE TIME:**
  1. FOLLOW STEPS 1-3 FROM "1<sup>ST</sup> DOSE".
  2. DRINK AN ADDITIONAL 16oz OF WATER IN THE MORNING PRIOR TO THE COLONOSCOPY.
    - STOP DRINKING CLEAR LIQUIDS AT LEAST 4 HOURS PRIOR TO THE COLONOSCOPY.