

SUFLAVE BOWEL PREP

You will be on a **CLEAR LIQUID DIET** the **ENTIRE** day before your procedure. This includes breakfast, lunch, and dinner.

CLEAR LIQUID DIET EXAMPLES:

Water	Tea	Coffee (no cream)
7-UP	Coke	Sprite
Pepsi	Mountain Dew	Kool-Aid (no red)
Apple Juice	Cranberry Juice	CranApple Juice
CranBlueberry Juice	CranGrape Juice	CranRaspberry Juice
Grape Juice	Clear Broth	Bouillon
Jell-O & Popsicles (no red and no fruit added)		

NO
ALCOHOL!

NO DAIRY
PRODUCTS!

NO SOLID
FOODS!

FIRST DOSE: Begin Step 1 at 6:00 pm the evening before your procedure and proceed as shown below.

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. For best taste, refrigerate the solution for an hour before drinking. Do not freeze. Use within 24 hours.

STEP 3: Drink 8 ounces of solution every 15 minutes until the bottle is empty.

STEP 4: You must drink another 16 ounces of water during the evening.

SECOND DOSE: Begin Step 1 six (6) hours prior to your scheduled procedure time. For example, if your procedure is scheduled for 8:00 am, start Step 1 at 2:00 am. For the 2nd dose, repeat Steps 1 through 4 as shown above. Make sure to finish drinking the additional 16 ounces of water at least 4 hours prior to your procedure time. Do NOT eat or drink ANYTHING after you have finished the second portion of the Suflave kit.