

# COLONOSCOPY- Prep Instructions for Suflave

***Strict compliance with these instructions is necessary to avoid misdiagnosing and to ensure a safe and complete exam.***

**You must be on a clear liquid diet the day before your procedure, instructions on back.**

**About Suflave:** Suflave is taken to clean your colon prior to your colonoscopy. This solution requires a prescription. Your prescription can be sent to your pharmacy electronically or sent with you when your procedure is scheduled. If you have not received your prep one week prior to your procedure, please call our office at (309) 451-1123 to request the prep be resent to your pharmacy.

## **The day before the Colonoscopy at 5:00:**

1. Open 1 flavor-enhancing packet and pour the contents into 1 of the provided bottles.
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. Refrigerate the solution for at least an hour before drinking. Do not freeze.
3. Drink 8 ounces (240mL) of solution every 15 minutes until the bottle is empty. GO SLOWLY, TAKE THE FULL HOUR TO DRINK.
4. Drink an additional 16 ounces (480mL) of water during the evening.

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

## **Morning of the Colonoscopy at 3:00 AM:**

1. Repeat the steps for Day 1 using the other packet and bottle from the Suflave kit.
2. Drink an additional 16 ounces (480mL) of water during the morning.
3. **Stop drinking liquids** at least 2 hours before your arrival time for your colonoscopy.

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

**Please continue to drink plenty of clear liquids but stop ALL LIQUIDS 2 hours before your arrival time.**

**Please be aware:** Your stools should be light yellow to clear with no solid particles prior to coming to Gastrointestinal Institute.

If you have any questions or concerns regarding this prep, please call the triage nurse at (309) 451-1123 for further guidance.