



SuFlave:

Two (2) Days Prior to Procedure:

YOU WILL NEED TO PURCHASE THE FOLLOWING (NON-PRESCRIPTION) ITEMS

1. Gas-X Extra Strength

Please avoid high fiber foods, seeds, and nuts.

Day Before Procedure:

DO NOT EAT ANY SOLID FOOD ON THE DAY PRIOR TO YOUR PROCEDURE! Clear liquid diet ALL day. Acceptable clear liquids: water/ice, coffee, tea, clear fruit drinks, crystal light, Gatorade, carbonated soda (No dark soda or cola), Jell-O (plain, no fruit added), apple juice, chicken broth, or white grape juice.

Do not have anything with red, pink or purple coloring.

Do not have milk, cream or powdered cream.

**At 3:00 P.M open 1 flavor enhancing packet and pour contents into 1 bottle. Fill the bottle with water to the fill line. With the cap on, shake the bottle until all the power has dissolved. Put in the refrigerator for one hour.

1. At 4:00 P.M drink 8 ounces of solution every 15 minutes until the bottle is empty.
2. Drink an additional 16 ounces of water following the solution.
3. Once you have completed the bowel prep, please take two (2) Extra Strength Gas-X.
4. You may remain on clear liquids the rest of the evening. Do not have anything after midnight.

Morning of Procedure:

NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE (Except your 2nd dose of SuFlave) this includes no smoking, no gum, no mints, no candy!

1. SIX (6) hours prior to your procedure repeat Step 1 to Step 4

ALL LIQUIDS MUST BE STOPPED 3 HOURS BEFORE YOUR PROCEDURE.

If you are currently taking any medications or injections for diabetes or weight loss (such as Ozempic, Wegovy, Mounjaro, or similar), please hold them for one week prior to your procedure, unless otherwise directed by your physician.

Take medications for high blood pressure, seizures, heart disease, prescribed pain medication and/or anxiety, inhalers and aspirin as prescribed with a sip of water unless instructed otherwise. All other medication should be held.