

SUFLAVE	3 Days Prior	1 Day Prior	Day Of
<p>Bowel Prep Medication:</p>	<p>X</p>	<p>Begin Bowel Prep, with Dose 1</p> <ul style="list-style-type: none"> • <u>Dosage Time: 6:00 PM</u> • Instructions: <ul style="list-style-type: none"> ➢ Open 1 bottle and fill container with lukewarm water to the line ➢ Add 1 flavor pack if desired to the water, if it is not red or purple ➢ Place the lid on the bottle and shake until all powder has mixed and dissolved ➢ You can refrigerate the mix before consuming if you'd like for a better taste, but do not freeze. Please be mindful that after the liquid is mixed, you must consume it within 24 hours. ➢ Drink 8 ounces of the solution mix every 15 minutes until the bottle is empty. ➢ Drink 16 ounces of water 	<p>Continue Bowel Prep, with Dose 2</p> <ul style="list-style-type: none"> • <u>Dosage Time: *** AM</u> (The 2nd Dosage time will be given to you by our office) • Instructions: <ul style="list-style-type: none"> ➢ Open 1 bottle and fill container with lukewarm water to the line ➢ Add 1 flavor pack if desired to the water, if it is not red or purple ➢ Place the lid on the bottle and shake until all powder has mixed and dissolved ➢ You can refrigerate the mix before consuming if you'd like for a better taste, but do not freeze. Please be mindful that after the liquid is mixed, you must consume it within 24 hours. ➢ Drink 8 ounces of the solution mix every 15 minutes until the bottle is empty. ➢ Drink 16 ounces of water
<p>Diet:</p>	<p>Begin Low Fiber Diet 3 days prior and up to 24 hours prior</p>	<p>Begin liquid diet 24 hours prior</p>	<p>DO NOT CONSUME ANYTHING 5 HOURS PRIOR TO PROCEDURE START TIME</p>
<p>Foods that are allowed</p>	<ul style="list-style-type: none"> ✓ White bread, pasta, and noodles ✓ White rice ✓ Potatoes without skin ✓ Canned or well-cooked vegetables without seeds or skin ✓ Canned fruit or fresh fruit without skin or membranes ✓ Tender meat, chicken, or fish 	<ul style="list-style-type: none"> ✓ Strained, pulp free fruit juices (Apple, White grape, Lemonade) ✓ Water ✓ Coffee or tea (No Milk or Creamer) ✓ Gatorade (No Red, Blue, or Purple colors) ✓ Carbonated/non-carbonated soft drinks (Avoid dark colors) ✓ Popsicles (Without seeds or Fruits, and no Red, Blue or Purple colors) ✓ Kool-Aid or other fruit flavored drinks ✓ Clear broth or bouillon ✓ Plain Jell-o (No added toppings or fruit) 	<p>After prep is complete, you can not consume anything at all, including water, at-least 5 hours prior to your procedure start time.</p>
<p>Foods to avoid</p>	<ul style="list-style-type: none"> X Any food containing seeds or nuts X Popcorn X Raw vegetables with skin and/or seeds such as corn, broccoli, cabbage, dried beans or peas X Whole grain bread or pasta, X Brown or wild rice X Cereal such as oatmeal, shredded wheat and granola X Fruit with skins 	<ul style="list-style-type: none"> X Red, Blue, or Purple liquids X Dairy products X Alcohol X Non-liquid foods X Tobacco X Chewing Gum 	<p>After prep is complete, you can not consume anything at all, including water, at-least 5 hours prior to your procedure start time.</p>