

SUFLAVE Colonoscopy Prep Procedure Before Noon

- **Purchase from the Pharmacy**

- One (1) box of Simethicone (Gas-X) Extra-Strength 125mg oral soft gel capsules (over the counter)
- SUFLAVE Solution (*prescribed - pick up from pharmacist*)

Bowel Preparation Instructions

The **day before** your colonoscopy, diet is to consist of CLEAR LIQUIDS ONLY (no solid food).

- Do not consume liquids that are red or purple in color. Do not consume milk products or juices with pulp. Clear liquids include water, black coffee, tea, apple juice, white grape or cranberry juice, lemonade, sports drinks (Gatorade, PowerAde, etc.), clear beef, chicken or vegetable broth, Jell-O, popsicles, frozen sorbet, or Italian ice. Alcoholic beverages are not permitted.
- SUFLAVE bowel prep solution can be refrigerated and must be consumed within 24 hours of being mixed.

- **The day before your procedure, at 8:00AM:**

- Prepare the prep solution according to the package instructions included in your prep kit.

- **The day before your procedure, at 5:00PM:**

- Consume one (1) 8-ounce glass of prep mixture every 20 minutes until the entire first bottle of prep solution has been consumed. This should be followed by one (1) 16-ounce cup of clear liquid.

- **The day before your procedure, at 10:00PM:**

- Consume one (1) 8-ounce glass of prep mixture every 20 minutes until the entire second bottle of prep solution has been consumed. This should be followed by one (1) 16-ounce cup of clear liquid..
- Take two (2) extra strength Simethicone (Gas-X) oral soft gel capsules (250mg total)

⇒ *After midnight, consume nothing further by mouth except a sip of water for necessary medications*

Prep Guide

	Dark and murky
	Brown and murky
	Dark orange and semi-clear
	Light orange and mostly clear
	Yellow and clear

Contact the on-call Gastroenterologist at **(941)-262-0400** if any problem arise during the bowel preparation process.