



## **SuFlave:**

YOU WILL NEED TO PURCHASE THE FOLLOWING (NON-PRESCRIPTION) ITEMS: Gas-X Extra Strength

### **Two (2) Days Prior to Procedure:**

Please avoid high fiber foods, seeds, and nuts.

Make sure you have your prep prescription filled and picked up from the pharmacy. If there are any issues with obtaining your prep, please call our office immediately (843) 571-0643.

### **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 creamer.

\*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. You may remain on clear liquids the rest of the evening. Do not have anything after midnight.
- 4.

**\*\* Once you have completed the bowel prep, please take two (2) Extra Strength Gas-X.\*\***

### **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 3

**\*\* Once you have completed the bowel prep, please take two (2) Extra Strength Gas-X.\*\***

ALL LIQUIDS MUST BE STOPPED 3 HOURS BEFORE YOUR PROCEDURE.

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.

If you are on current antibiotics or have been sick recently (cold, cough, pneumonia, flu) please call 843-571-0643.