

SuFlave Prep Instructions

The day BEFORE the procedure:

- You may have the **LOW FIBER BREAKFAST** as described in this packet. **FINISH EATING BY 9AM.**
- After breakfast, begin a clear liquid diet. Refer to the **CLEAR LIQUID DIET** for details and a list of allowed liquids.
- **At 6:00pm**, open **one (1) flavor packet** and pour the contents into one (1) bottle. Fill the provided bottle with **LUKEWARM** water up to the fill line. After capping the bottle, gently shake the bottle until all the powder has mixed well. **For the best taste, refrigerate the solution for an hour before drinking.**
- **Follow with TWO (2) 8-ounce drinks of clear liquid over the next 5 hours.**

After midnight, the day of the procedure:

- **NOTHING** to eat or drink other than the prep solution.
- **5 HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME**, open **one (1) flavor packet** and pour the contents into one (1) bottle. Fill the provided bottle with **LUKEWARM** water up to the fill line. After capping the bottle, gently shake the bottle until all the powder has mixed well.
- **FOLLOW** with at least **TWO (2) 8-ounce drinks of clear liquid taken at your own pace but completed at least 3 HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME.**