MASON CITY SURGERY CENTER

SUFLAVE PREP INSTRUCTION CHECKLIST:

DAY PRIOR TO YOUR PROCEDURE:

- **No solid food all day.** Clear liquids per Colonoscopy instructions.
- **Obtain SUFLAVE from your pharmacy** if you have not already done so.

AFTERNOON PRIOR TO YOUR PROCEDURE: (first half of prep)

- Add 1 lemon/lime flavor packet into 1 bottle (if you prefer flavoring).
- Fill the bottle with lukewarm water to the fill line (32 ounces).
- Cap the bottle and gently shake until all powder has dissolved.
- Refrigerate for approximately an hour for best taste.

6:00 pm

- Drink 8 ounces of solution every 15 minutes until the bottle is empty.
  - If nausea/vomiting occur, slow the rate of drinking the solution.
- Drink an additional 16 ounces of water before going to bed.
- Continue drinking clear liquids as tolerated while awake through the night.
- Walk as much as possible during the preparation, as this enhances the preparation results.
- Prepare the 2nd bottle of SUFLAVE as instructed above and refrigerate before going to bed.

THE MORNING OF YOUR PROCEDURE: (second half of prep)

During the PreAdmission phone call, your nurse will give you the time to begin the second half of your prep (which is typically 6 hours prior to your scheduled procedure):

- Drink 8 ounces of solution every 15 minutes until the bottle is empty.
  - If nausea/vomiting occur, slow the rate of drinking the solution.
- Drink an additional 16 ounces of water prior to nothing by mouth
- You may continue drinking clear liquids until the time you were told to have nothing by mouth. Please, no coffee the morning of your procedure
- Walk as much as possible during the preparation, as this enhances the preparation results.

If you are unable to drink the entire prep or if you are still having bowel movements that are not clear/yellow, please call the Mason City Surgery Center **(494-2000)** and ask to speak to a PreOperative nurse. If able, we may have you arrive earlier than your scheduled time to drink additional prep to further clear the colon so the procedure does not have to be cancelled.