

Your procedure will be performed by our Doctor at:

## GREEN MOUNTAIN SURGERY CENTER

Address: 593 Hercules Drive, Colchester, VT

Arrive 45 mins before your procedure time.

### Day BEFORE Your Colonoscopy

Please follow a low residue diet and do not eat anything after starting the bowel prep. You will be on a liquid only diet the entire day prior to your procedure. NO FOOD other than breakfast the day prior. YOU MUST CONSUME ONLY THE LIQUIDS LISTED BELOW.

#### What You CAN Do

- You may have a low residue breakfast only (7-9 AM morning before your procedure day). NO FOOD after this. Low residue breakfast foods include eggs, white bread, cottage cheese, yogurt, grits, coffee, and tea.
- You may have clear liquids ONLY for the rest of the day (listed below).

#### What You CANNOT Do

- Do not drink milk or eat or drink anything colored red or purple. **DO NOT EAT ANY OTHER FOOD day prior and of your procedure.**
- Do not drink alcohol.
- Do not take other laxatives while taking SUFLAVE.
- Do not take oral medications within 1 hour of starting each dose of SUFLAVE.
- If taking tetracycline or fluoroquinolone antibiotics, iron, digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before and not less than 6 hours after administration of each dose of SUFLAVE.

#### Liquids That Are OK to Drink

- Coffee, tea (no cream or non-dairy creamer)
- Fruit juices (without pulp)
- Gelatin desserts (no fruit or topping)
- Water
- Gatorade / Sports Drinks (No Red or Purple)
- Lemonade
- Chicken broth

#### Note

- DO NOT EAT ANY FOOD AFTER 9 AM DAY PRIOR.**
- DO NOT eat Nuts, Seeds or Popcorn for 5 days prior.
- SUFLAVE is an osmotic laxative indicated for cleansing of the colon in preparation for colonoscopy in adults.
- Be sure to tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. SUFLAVE may affect how other medicines work.
- Medication taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of SUFLAVE.
- The most common adverse reactions after administration of SUFLAVE were nausea, abdominal distension, vomiting, abdominal pain and headache.
- If nausea, bloating, or abdominal cramping occurs, pause or slow the rate of drinking the solution and additional water until symptoms diminish.
- Contact your healthcare provider if you develop significant vomiting or signs of dehydration after taking SUFLAVE or if you experience cardiac arrhythmias or seizures.
- If you have any questions about taking SUFLAVE, call your doctor.

Please read the full Prescribing Information and Medication Guide in the kit.

To learn more about this product, please call 1-800-874-6756.

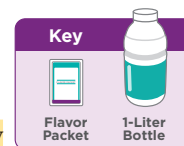


Bottles and packets not shown actual size.

**SUFLAVE™**  
(polyethylene glycol 3350,  
sodium sulfate, potassium chloride,  
magnesium sulfate, and sodium  
chloride for oral solution)  
178.7 g/7.3 g/1.12 g/0.9 g/0.5 g

### The Dosing Regimen

SUFLAVE is a split-dose (2-day) regimen. A total of 2 bottles are required for complete preparation for colonoscopy. You will take 2 bottles of liquid in two separate doses. One dose of SUFLAVE is equal to one bottle plus one flavor enhancing packet. **DO NOT EAT ANY FOOD DAY BEFORE AND OF PROCEDURE (only early breakfast day before procedure day.) CLEAR liquids only.**



#### Day 1, Dose 1: Early in the Evening Before Your Colonoscopy

Start Dose 1 at 5:00 PM.

##### STEP 1

Open 1 flavor enhancing packet and pour the contents into 1 bottle.

##### STEP 2

Fill the provided bottle with lukewarm water up to the fill line. After capping the bottle, gently shake the bottle until all powder has mixed well (dissolved). For best taste, refrigerate the solution for an hour before drinking. Do not freeze. Use within 24 hours.

##### STEP 3

Drink 8 ounces of solution every 15 minutes until the bottle is empty.

##### STEP 4

Drink an additional 16 ounces of water during the evening.

**IMPORTANT:** If nausea, bloating, or abdominal cramping occurs, pause or slow the rate of drinking the solution and additional water until symptoms diminish.



Bottles and packets not shown actual size.

#### Day 2, Dose 2: The Morning of the Colonoscopy (5 to 8 hours prior to the colonoscopy and no sooner than 4 hours from starting Dose 1)

Start Dose 2: 5 to 8 Hours Before your Procedure Time

##### STEP 1

Repeat Step 1 to Step 3 from Day 1, Dose 1.

##### STEP 2

Drink an additional 16 ounces of water during the morning.

**IMPORTANT:** Continue to consume only clear liquids until colonoscopy. Stop drinking liquids at least 2 hours prior to colonoscopy.



Bottles and packets not shown actual size.

**Stop drinking liquids at least 2 hours prior to colonoscopy.**

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