

Your colonoscopy is scheduled on:

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**PLEASE ARRIVE AT THE FACILITY @ : \_\_\_\_\_ AM / PM**

### COLONOSCOPY PREPARATION

**Purchase:**

1. Suprep (prescription only)
2. DULCOLAX tablets (4) (over the counter)

### **THE DAY BEFORE your Colonoscopy:**

1. In the morning for breakfast: you can have 1 egg and 1 slice of toast
  2. STAY ON A CLEAR LIQUID DIET THE REST OF THE DAY
  3. AVOID ANYTHING RED , PURPLE , MILK PRODUCTS AND SOLID FOODS  
Examples of clear liquids: water, clear fruit juices such as apple, white grape, orange juice (without pulp), chicken or beef bouillon, Jell-o, clear Gatorade, soft drinks, tea, coffee without cream, Ginger ale, Italian ice.  
Drink plenty of the fluids on this list throughout the day to stay HYDRATED!
  4. **3, 4, 5, or 6 PM:** Mix your 1st bottle of your prep. Pour **one** 6oz bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16oz line on the container & mix. Drink ALL the liquid in the container.
  5. **IMPORTANT!!! You must then drink 2 more 16oz cups of clear liquid within the next 1 hour after drinking Suprep.**
  6. **9 PM:** Take **4 DULCOLAX** tablets with 8 ounces of any clear liquid or more
  7. **Nothing to drink after midnight**
- \*\*\*\* (IF your bowel movements are NOT clear you will need to continue the bowel prep below) \*\*\*\*

### **DAY OF YOUR COLONOSCOPY**

1. **\_\_\_\_AM:** Mix your second bottle of your prep. Pour one (1) 6-ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL the liquid in the container.
2. **IMPORTANT!!! You must then drink 2 more 16oz cups of WATER within the next hour after drinking Suprep; do not take any other medication within 1 hour of drinking the prep.**

**IMPORTANT REMINDERS:**

- Call Dr. Caldarola's office **210-614-3565 at least 48 hrs in advance** to notify us of any cancellations.
- **No call and/or No show patients will be charged a \$100 fee for not giving a cancellation notice.**
  - **No aspirin**, aspirin by-products or blood thinners (e.g. **Plavix**) for 3 days prior to your colonoscopy.
  - **Nothing by mouth after the 2<sup>nd</sup> round of the prep.**
  - Be sure to talk with your doctor or nurse about other medications you are currently using. It may be necessary to modify your usage for your exam.
  - Please call Doctor's office, if you have any questions or concerns.

**YOU MUST BRING A RESPONSIBLE ADULT WITH YOU TO SIGN YOU OUT FROM OUR DEPARTMENT & TO DRIVE YOU HOME OR WE WILL NOT BE ABLE TO DO YOUR EXAM**