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| **VR Surgical Associates, PA***Stool Softeners*Dr. Vincent A. Caldarola  |
| GENERAL SURGERYCOLON AND RECTAL SURGERY(210) 614-3565 Your colonoscopy is scheduled on: Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  ***PLEASE ARRIVE AT THE FACILITY @ : \_\_\_\_\_\_\_\_\_\_\_\_AM / PM***Dulcolax Laxative Comfort Coated TabletsCOLONOSCOPY PREPARATION  |

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1. MiraLAX (238 grams / 8.3 OZ bottle, over the counter)

2. DULCOLAX tablets (4) (over the counter)

3. 64 ounces of liquid (Clear Gatorade/ Gatorade ZERO or water)

**THE DAY BEFORE your Colonoscopy:**

**Liquid diet- all day NO SOLIDS!!**

When you wake up in the morning mix all of the MiraLAX powder and all of the 64 ounces of a room temperature clear liquid mix well until the MiraLAX powder dissolves. Once dissolved, you can put the mixture in the refrigerator. Many people find it tastes better chilled.

(Don’t mix the MiraLAX earlier than the morning of the day before your procedure.)

**Liquid diet all day NO SOLIDS!!** AVOID ANYTHING RED , PURPLE , MILK PRODUCTS & SOLID FOODS
**Examples of liquids**: water, clear fruit juice’s such as apple, white grape, orange juice (without pulp), Gatorade ZERO , soft drinks, Tea, coffee without cream, Ginger ale, Italian ice**.**

**Examples of semi clear liquids that are only allowed before 5pm** chicken or beef bouillon broth, Jell-O that is not red or purple. **Drink plenty of the fluids on this list throughout the day to stay HYDRATED!**

1. At **2:00pm** take **2 Dulcolax Stool Softeners**  with any clear liquid

SEMI CLEAR LIQUIDS ARE NO LONGER ALLOWED TO DRINK AFTER THIS POINT ONLY CLEAR

1. At **5:00 pm** take the **Miralax bottle** out of the refrigerator and begin drinking the solution
* Drink 1 (8oz) glass every 10 – 15 minutes until you drink **ALL** of the solution.
* You will drink a total of 8 glasses.
* Do not take any other medication within 1 hour of drinking the solution. It will get flushed out of your system.
1. AFTER SOLUTION IS ALL CONSUMED PLEASE TAKE THE LAST **2 DULCOLAX TABLETS**
2. **STAY Hydrated!!!**
3. **No eating or drinking after midnight**

**IMPORTANT REMINDERS:**

* Call Dr. Caldarola’s/ office **210-614-3565** **at least 48 hours 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. 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.
* Day of surgery patient can only take their high blood pressure medication with a tablespoon of water