

# Digestive Disease Specialists of Northeast Alabama

900 Goodyear Ave – Suite A – Gadsden, AL  
112

Tel. (256) 492-3220 ext 108 or



**Dr. Cesar Fernandez, M.D.**  
Gastroenterology/Hepatology

## COLONOSCOPY INSTRUCTIONS:

Date of Procedure: \_\_\_\_\_

(The business day prior to the procedure, the facility will call you with your arrival time.)

Your procedure will be at the following location:

Gadsden Endoscopy  
# 256-492-4284  
820 Goodyear Avenue  
Gadsden, AL 35903

RRMC Outpatient  
# 256-543-5355  
600 South 3rd Street  
Gadsden, AL 35901

### The Day Prior To The Procedure:

1. If you are a diabetic, you may take your oral diabetic medication as usual, but you can only take ½ of your insulin. All other medications can be continued as normal unless otherwise instructed.
2. You can consume a clear liquid diet only. No solid food or dairy products all day. Clear broth, bouillon, tea, coffee (no creamer/milk), Kool-aid, carbonated drinks, apple juice, white grape juice, popsicles, and jello. (any juice with no pulp and that you can see through is okay)
3. At 5:00pm, pour (1) 6 ounce bottle of Suprep liquid into the mixing container. Add water or any clear liquid listed above to the 16 ounce line. Drink all of the liquid in the container. You must drink two more 16 ounce containers over the following one hour.

### The Day Of The Procedure:

1. If you are a diabetic, do not take any insulin or oral diabetes medication. All other medications can be continued as normal unless otherwise instructed \*\*with a sip of water\*\*.
2. Do not chew gum, use chewing tobacco, eat mints, or smoke prior to your procedure.
3. At 5:00am, pour (1) 6 ounce bottle of Suprep liquid into the mixing container. Add water or any clear liquid listed above to the 16 ounce line. Drink all of the liquid in the container. You must drink two more 16 ounce containers over the following one hour.
4. After 6:00am, do not have anything else by mouth.
5. If your bowel movements are not clear, please notify the nurse immediately upon arrival for your procedure.
6. An adult must remain at the facility with you during your procedure and drive you home after your procedure.

If biopsies are taken during your procedure, call our office after 14 days for your results.  
Phone # 256-492-3220 ext 108 or 112

\*\*Please remember to discuss with your anesthesiologist if you will incur any costs for the anesthesia that you will receive during your procedure.