



2995 W Elliot Rd, Ste 4, Chandler, AZ 85224
P: (602) 844-5157

Your Colonoscopy is scheduled for: _____

Please check in at: _____

Procedure time: _____

Southwest Endoscopy 2223 E Baseline Road Suite B Gilbert, AZ, 85234 Phone: 480-289-5266	Banner Desert Medical Center 1400 S Dobson Rd Mesa, AZ 85202 Phone: 480-412-3000
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- Do not take any iron 5 days prior to your procedure.
- Avoid high fiber diet 2 days before your colonoscopy
- Please stop Aspirin or NSAIDS (Ibuprofen, Advil, Aleve) 5 days prior to your procedure.
- If you take any blood thinners: Plavix (Clopidogrel), Coumadin (Warfarin), Pradaxa, Effient, Brilinta, Eliquis or Xarelto please stop _____ days before your procedure.

The following over the counter medications will need to be purchased (no prescription required):

1. MiraLax Powder 238 grams or 8.3 oz bottle
2. Four Dulcolax (Bisacodyl) tablets
3. 64 oz bottle of Gatorade (orange or yellow) or Propel (no red colors).

One day before your colonoscopy:

- Only drink a clear liquid diet the **ENTIRE** day before your colonoscopy. This includes: apple juice, cranberry juice, Gatorade, clear broth, tea or coffee (without milk or creamer), soda, popsicles, and jello (avoid any red or green artificial dyes). Do not have any milk products, citrus juice, or solid food.
- Make sure to drink plenty of water throughout the day
- If you are a diabetic then only take half the dose of your medication.
- 1 PM: Take four Dulcolax tablets
- 3 PM: Mix the bottle of MiraLax powder into the 64 oz Gatorade. Shake until the powder is dissolved. Drink an 8 oz glass of the Gatorade mixture every 10-15 min.
- Complete 32oz and then take a 1 or 2 hour break before completing the remaining 32 oz.

The day of your colonoscopy:

- You may take your heart and blood pressure medication with a small sip of water.
- Please bring your insurance cards, state ID and current list of medications.
- You will be sedated for your procedure and you will need a driver to take you home. You will not be able to drive or work for the rest of the day.