



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

Your Colonoscopy is scheduled for: \_\_\_\_\_

Please check in at: \_\_\_\_\_

Procedure time: \_\_\_\_\_

<b>Southwest Endoscopy</b> 2223 E Baseline Road Suite B Gilbert, AZ, 85234 Phone: 480-289-5266	<b>Banner Desert Medical Center</b> 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.
- 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 day before your colonoscopy:**

- If you are diabetic, you will need to adjust your medication dosage for the day.
- Start a clear liquid diet for breakfast and lunch, examples are broth, jello, popsicles, water, sprite, ginger ale, tea, coffee, 7-up, and clear juices. (No red or purple dyes). **Do not have any solid foods until after your procedure.**
- **At 3pm**
  - Open one bottle of 12 tablets. Fill the provided container with 16 oz. of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount over 15-20 minutes.
  - Approximately one hour after the last tablet is ingested, fill the provided container a second time with 16 oz. of water (up to the fill line) and drink the entire amount over 30 minutes.
  - Approximately 30 minutes after finishing the second container of water, fill the provided container again with 16 oz. of water (up to the fill line) and drink the entire amount over 30 minutes.
- **At 9pm**
  - **REPEAT** the same regimen as above
- **Do not have anything to eat or drink after midnight.**

**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.