

MiraLAX + Dulcolax PREP FOR YOUR COLONOSCOPY

Mesquite Gastroenterology & Surgery Center 7445 E. Tanque Verde Road Tucson, Arizona 85715 Phone: 520-722-0929 Fax: 520-722-0745 www.mesquitegsc.com	Tucson Medical Center TMC GI 5301 E. Grant Rd Tucson, Arizona 85712 Phone: 520-327-5461	St. Joseph's Hospital St. Joseph GI 350 N. Wilmot Rd Tucson, Arizona 85711 Phone: 520-873-3000
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You are scheduled for a Colonoscopy with Dr. Arenas at the following facility:

- MSC
 TMC GI
 St Joseph GI

Appointment Date: _____ **Time:** _____ **Please arrive 30 minutes prior at:** _____

You must have a responsible driver to take you home after your procedure. **This DOES NOT INCLUDE** cab, UBER, or the equivalent therefor. Medical Transportation services are acceptable. If you cannot arrange for a responsible individual to take you home, please notify Mesquite Gastroenterology or Surgery Center. **If you arrive at the Surgery Center without acceptable transportation your procedure will be postponed.**

- YOU NEED TO BUY: Dulcolax (bisocodyl) laxative tablets. One 10oz bottle of Magnesium Citrate, MiraLAX 238 grams (8.3oz) powder or generic polyethylene glycol 3350. One 64oz or two 32oz bottles of Gatorade, Propel, Powerade or another non-carbonated beverage. Avoid red, orange, and purple colors. If diabetic, you can see use sugar free Gatorade.
- Arrive a half-hour prior to your procedure time at Mesquite. If scheduled at TMC or St. Josephs, arrive 1 hour prior to your procedure time.
- If you have any questions about these instructions, please contact our office at **520-722-0744 EXT. 214**

2 DAYS BEFORE COLONOSCOPY PROCEDURE: PLEASE FOLLOW LOW-FIBER DIET

Listed are some examples of food options that are okay to eat during your low fiber diet.

Milk & Dairy	Milk, cream, hot chocolate, buttermilk, yogurt, cheese including cottage cheese, sour cream
Breads & Grains	Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta); white rice, plain crackers such as Saltines, low fiber cereal (including puffed rice, cream of wheat, corn flakes)
Fats & oils	Butter, margarine, vegetable and other oils, mayonnaise, salad dressings made without seeds or nuts
Meats	Chicken, turkey, lamb, lean pork, veal, fish and seafood, tofu
Soups	Broth, bouillon, consommé, and strained soups
Desserts	Custard, plain pudding, ice cream, sherbet or sorbet, Jell-O, or gelatin <u>without added fruit or red/purple dye</u> , cookies or cake made with white flour, prepared without seeds, dried fruit or nuts
Beverages	Coffee, tea, hot chocolate or cocoa, clear fruit drinks (NO PULP), soft carbonated drinks, Ensure, Boost, or Enlive <u>without added fiber</u>
Others	Sugar, salt, jelly, honey, syrup, lemon juice

If you are taking the medication **PHENTERMINE**, you must stop taking 2 weeks before your procedure.

<p>5 DAYS BEFORE PROCEDURE</p>	<ul style="list-style-type: none"> • You must stop taking the following medications: (If cleared by your Primary Care Physician or Cardiologist): Aspirin, NSAIDS (Advil, Ibuprofen, Celebrex, Naproxen, Meloxicam, Diclofenac Aleve) Coumadin, Eliquis, Heparin, Pradaxa, Plavix, Clopidogrel, Xarelto, or other blood thinners. If you must continue, please let us know. • STOP any bulking agents and vitamin supplements: Metamucil, Citrucel, Gemfibrozil, Ginseng, Ginkgo, Garlic tablets, Vitamin E, Multi Vitamins, Fish Oil, and Iron supplements. • Tylenol is acceptable to take during this time. • <u>If diabetic and taking Steglatro, stop taking 4 days before your procedure. If you take Invokana, Farxiga, or Jardiance stop at 3 days before your procedure.</u>
<p>2 DAYS BEFORE PROCEDURE</p>	<p>Start a low fiber diet. (No whole grain, raw vegetables, fruit, nuts, popcorn, or seeds of any kind, etc.)</p> <p>Take two doses of Miralax powder laxative (1 oz total) around 4:00PM</p> <ul style="list-style-type: none"> - Stir and dissolve in 8-12 oz of water or clear beverage - Individual responses to laxatives vary. Remain close to toilet, as multiple bowel movements will occur.
<p>DAY BEFORE PROCEDURE</p>	<p>CLEAR LIQUID DIET ALL DAY (liquids you can see through) which includes Beverages: Any soft drinks, Gatorade, Kool-Aid, fruit juices NO PULP (apple, white grape, lemonade, etc.), water, tea, coffee. SOUPS: low sodium chicken, beef, or vegetable bouillon or broth. Other: Hard Candies, Jell-O (no fruit or toppings), Popsicles (no sherbets, ice cream or fruit bars)</p> <p><u>NO DAIRY PRODUCTS, OR ANYTHING THAT IS RED OR PURPLE IN COLOR</u></p> <ul style="list-style-type: none"> • Breakfast, lunch, and Dinner- LIQUID DIET ONLY, drink all the clear liquids you want. NO SOLID FOOD! • Take any heart, blood pressure, seizure, or other necessary medications as usual. • Insulin dependent diabetics should take ½ the usual dose of Insulin the day before your procedure and ½ the usual dose on the day of your procedure. Continue to monitor blood sugar throughout your prep process.
<p>EVENING BEFORE</p>	<p><u>Mix MiraLAX 8.3oz powder w/ Gatorade (or chosen beverage) in a pitcher or jug large enough for 64oz. Chill if desired.</u></p> <ul style="list-style-type: none"> • At 5PM take 3 tablets of Dulcolax laxative pills with water. • At 7PM drink the first half (32oz) of the Gatorade (or chosen beverage) / MiraLAX solution. Drink an 8oz glass every 10 minutes. • Continue your clear liquid diet, drink as much of the clear liquids as you like until bedtime. NO SOLID FOOD!
<p>THE MORNING OF YOUR PROCEDURE</p>	<ul style="list-style-type: none"> • DO NOT chew any gum, suck on hard candies, mints, or use chewing tobacco. • At ____ (at least 5 hours prior to your procedure) <u>Drink the second half of your mixed MiraLAX solution (32oz). One 80z glass every 10 minutes.</u> You must finish with the solution 4 hours before your procedure time. • Take any heart, blood pressure, seizure, or other necessary medications 4 hours before procedure (with water is okay). • STOP DRINKING WATER 4 HOURS BEFORE YOUR PROCEDURE. • Please wear sensible shoes (no heels) and comfortable clothing, bring a pair of warm socks. • Please bring a list of medications with you. • Please come prepared to pay your outpatient procedure co-pay. Check with your insurance for your required amount.