

POUCHOSCOPY PREP INSTRUCTIONS

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 therefore. 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.**

- If you have any questions regarding these instructions, please contact our office at: 520-722-0744

2 WEEKS BEFORE YOUR PROCEDURE	<ul style="list-style-type: none"> • Stop taking Phentermine, Phendimetrazine, or Benzphetamine
7 DAYS BEFORE YOUR PROCEDURE	<ul style="list-style-type: none"> • If you are taking Ozempic (semaglutide) as an injection, hold on to after 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>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> <p>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> <p>Take two doses of Miralax laxative (powder or liquid form) together, at around 4:00PM. Refer to packaging for dose amount. This is an over-the-counter laxative.</p> <ul style="list-style-type: none"> - Individual responses to laxatives vary. Remain close to a toilet, as multiple bowel movements will occur.
<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. • 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 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.

Dr. Miguel Arenas, 7445 E Tanque Verde Rd Tucson Az, 85715