

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

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, Rybelsus, Mounjaro, Wegovy or other semaglutide containing medications an injection, hold until after your procedure. Oral doses need to be held 24 hours prior to the procedure.
5 DAYS BEFORE PROCEDURE	<ul style="list-style-type: none"> <u>You must stop taking the following medications:</u> (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. <u>STOP any bulking agents and vitamin supplements:</u> 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>
DAY BEFORE PROCEDURE	<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 the 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