

## SIGMOIDOSCOPY BOWEL PREP INSTRUCTIONS

Please read all instructions carefully

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 thereof. 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.**

- 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 <b><u>without added fruit or red/purple dye</u></b> , cookies or cake made with white flour, prepared without seeds, dried fruit or nuts
Beverages	Coffee, tea, hot chocolate or cocoa, clear fruit drinks ( <b>NO PULP</b> ), soft carbonated drinks, Ensure, Boost, or Enlive <b><u>without added fiber</u></b>
Other	Sugar, salt, jelly, honey, syrup, lemon juice

<b>2 WEEKS BEFORE YOUR PROCEDURE</b>	<ul style="list-style-type: none"> <li>• <b>Stop taking Phentermine, Phendimetrazine, or Benzphetamine</b></li> </ul>
<b>7 DAYS BEFORE YOUR PROCEDURE</b>	<ul style="list-style-type: none"> <li>• <b>If you are taking Ozempic, Rybelsus, Mounjaro, Wegovy or other semaglutide containing medications as an injection, hold until after your procedure. Oral doses need to be held 24 hours prior to the procedure.</b></li> <li>• .</li> </ul>
<b>5 DAYS BEFORE PROCEDURE</b>	<ul style="list-style-type: none"> <li>• <b><u>You must stop taking the following medications:</u></b> (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.</li> <li>• <b><u>STOP any bulking agents and vitamin supplements:</u></b> Metamucil, Citrucel, Gemfibrozil, Ginseng, Ginkgo, Garlic tablets, Vitamin E, Multi Vitamins, Fish Oil, and Iron supplements.</li> <li>• Tylenol is acceptable to take during this time.</li> <li>• <b><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></b></li> </ul>
<b>2 DAYS BEFORE PROCEDURE</b>	<p><b>Start a low fiber diet.</b> (No whole grain, raw vegetables, fruit, nuts, popcorn, or seeds of any kind, etc.)</p> <ul style="list-style-type: none"> <li>- <b>Flush with one Fleet Enema around 4:00PM</b>, available over the counter at your pharmacy.</li> <li>- Individual responses to laxatives vary. Remain close to toilet, as multiple bowel movements will occur.</li> </ul>
<b>DAY BEFORE PROCEDURE</b>	<p><b>CLEAR LIQUID DIET ALL DAY</b> (liquids you can see through) which includes <b>Beverages:</b> Any soft drinks, Gatorade, Kool-Aid, fruit juices <b>NO PULP</b> (apple, white grape, lemonade, etc.), water, tea, coffee. <b>SOUPS:</b> low sodium chicken, beef, or vegetable bouillon or broth. <b>Other:</b> Hard Candies, Jell-O (no fruit or toppings), Popsicles (no sherbets, ice cream or fruit bars)</p> <p><b><u>NO DAIRY PRODUCTS, OR ANYTHING THAT IS RED OR PURPLE IN COLOR</u></b></p> <ul style="list-style-type: none"> <li>• Breakfast, lunch, and Dinner- <b>LIQUID DIET ONLY</b>, drink all the clear liquids you want. <b>NO SOLID FOOD!</b></li> <li>• Take any heart, blood pressure, seizure, or other necessary medications as usual.</li> <li>• 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.</li> </ul>
<b>EVENING BEFORE</b>	<p><b>BY 3PM flush with one Fleet Enema.</b></p> <ul style="list-style-type: none"> <li>- Individual responses to laxatives vary. Remain close to toilet, as multiple bowel movements will occur.</li> </ul>
<b>THE MORNING OF YOUR PROCEDURE</b>	<ul style="list-style-type: none"> <li>• <b>DO NOT</b> chew any gum, suck on hard candies, mints, or use chewing tobacco.</li> <li>• Take any heart, blood pressure, seizure, or other necessary medications 4 hours before procedure (with water is okay).</li> <li>• <b>STOP DRINKING WATER 4 HOURS BEFORE YOUR PROCEDURE.</b></li> <li>• Please wear sensible shoes (no heels) and comfortable clothing, bring a pair of warm socks.</li> <li>• Please bring a list of medications with you.</li> <li>• Please come prepared to pay your outpatient procedure co-pay. Check with your insurance for your required amount.</li> </ul>