



Pt Name: _____

DOB: _____

Advanced Gastroenterology, P.C.
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SOUTHWEST ENDOSCOPY, LLC 2223 E. Baseline Rd Ste B Gilbert, AZ 85234	BANNER DESERT SURGICENTER 1500 S. Dobson Rd. Ste 101 Mesa, AZ 85202	Banner Gateway Medical Center 1900 N Higley Rd. Gilbert, AZ 85234
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Procedure Date:

Time:

Check-in Time:

ATTENTION - 7 DAYS PRIOR:

- **Discontinue blood thinners & GLP-1 / weightloss medications see list attached**
- Do not consume any type of seeds, nuts & popcorn as these interfere with colon visualization
- PICK UP PREP SOLUTION FROM PHARMACY

Purchase Over The Counter: * Miralax bottle (238gm) * 2 fleet enemas (any brand is okay)

Day Before Flexible Sigmoidoscopy Procedure:

- 5pm-- Take a Miralax bottle (238gm) and Mix it with 64oz of clear liquid(can be mixed with clear liquid of choice). Every 10-15 Mins take an 8oz glass until all is gone.
- Follow a CLEAR LIQUID DIET after you finish the Miralax Solution----- NO SOLIDS
- Clear Liquids: water, apple juice, Gatorade, tea, coffee, soda, broth, popsicles and jello. Please AVOID the colors red, green, purple, blue, & dairy products.

Day Of Procedure:

- Stop ALL liquids 4 hours prior to your appointment
- Insert 2 fleet enemas rectally TWO HOURS prior to your procedure time, follow the instructions on the package.
- Do NOT take your diabetic medication until after you eat post procedure.
- You CAN take high blood pressure medication, mental health, and seizure medication with a tiny sip of water.

Please be advised:

Your check in time is subject to change, if that does occur you will be notified ASAP. You MUST have a driver to and from the procedure as you will be under the effect of anesthesia. If you do not have a driver the surgical center or hospital WILL cancel your appointment.

Pt Initials: