

## Scheduling and Preparing for a Colonoscopy

Congratulations for taking this important healthy step to prevent colon and rectal cancer. You have been referred by your physician to The University of Arizona Cancer Center for a colonoscopy exam.

To schedule your colonoscopy, please call **602.406.8222** and ask to speak to the colonoscopy scheduler. Schedule your appointment on a day you have a designated driver available to accompany you.

You will need to complete a colon preparation (bowel cleansing) prior to your colonoscopy. **It is extremely important that you follow these directions exactly.**

Once your colonoscopy has been scheduled, a registered nurse will contact you to complete a pre-colonoscopy screening. This screening phone call includes:

- Colonoscopy pre-procedural instructions
- Medical-surgical history review
- Medication review
- Review any blood thinning medications (contact prescribing physician for instructions)

The following over-the-counter medications are needed for your colonoscopy preparation. They are available at your local pharmacy:

- 4 Dulcolax (bisacodyl) laxative tablets
- 2 Simethicone tablets, 80mg (Gas-X)
- Polyethylene glycol powder (PEG) 3350, 238 grams (Example: Miralax, GentleLax)
- 64 oz. bottle liquid to mix with PEG (Example: Gatorade - no red, purple or orange)

### Location and Directions for Colonoscopy Appointment

The University of Arizona Cancer Center at  
Dignity Health St. Joseph's Hospital and Medical Center  
625 N. 6th Street  
Phoenix, AZ 85004  
Complimentary valet available

Check in at 2nd Floor Registration

Procedure location: Interventional Radiology-Endoscopy Dept. - 4th Floor

If you have any questions or concerns, or if you need to cancel your appointment, please call **602.406.8222** and ask to speak with the colonoscopy scheduler.

# Colonoscopy Preparation Instructions

## TIMING

## INSTRUCTIONS

**2 WEEKS  
BEFORE  
COLONOSCOPY**

**Blood thinning medications:** If another doctor has prescribed blood thinner medications (such as Plavix, Xarelto, or Coumadin), be sure to call that doctor and notify them of your scheduled colonoscopy procedure. Your doctor will give you instructions as to how to manage your medication for this procedure. **If you cannot get a hold of the doctor, or if the doctor says that you cannot stop taking these medications, please call our office at 602.406.8222.**

**5 DAYS  
BEFORE  
COLONOSCOPY**

**Stop taking the following medicines:** fiber supplements; herbal products, iron, vitamins; anti-inflammatory drugs (aspirin, Aleve, naproxen, ibuprofen). Use Tylenol for pain if needed.

**Arrange for a ride home.** You will not be permitted to drive for 24 hours following the procedure. A responsible adult will be needed to provide transportation following your procedure. A cab ride will not be acceptable.

**2 DAYS  
BEFORE  
COLONOSCOPY**

**Low residue diet and plenty of fluids:** Begin eating a low residue diet and be sure to drink plenty of fluids. **(Please stay away from red, orange or purple liquids.)** Examples of what to eat and what not to eat are listed below.

- **EAT** – soup, fish, chicken, eggs, white rice, bread, crackers, plain yogurt, pasta, potato with no skin, gelatin, broth, bouillon, all liquids.
- **AVOID** – fresh and dried fruit, all vegetables, raisins, dried fruits, nuts, seeds, cloves, any other meat besides what is listed above.

**1 DAY  
BEFORE  
COLONOSCOPY  
(Morning)**

**Clear liquid diet** – You will no longer be able to eat solid food prior to your procedure, you may have clear liquids only. The colonoscopy preparation can cause dehydration and loss of electrolytes, so please drink plenty of fluids. **Please stay away from red, orange or purple liquids.** Examples of what you can eat and what not to eat are listed below.

- **EAT** – Jell-O, clear broth or bouillon, water, clear fruit juices, popsicles, sports drinks
- **AVOID** – Any solid foods. No milk or milk products. No alcohol.

**Mix bowel prep:** Mix all PEG powder in 64 oz. clear liquids (green or yellow). Mix well and place in fridge. (It tastes better cold).

**Dulcolax Pills:** Take 2 Dulcolax laxative pills with water.

**1 DAY  
BEFORE  
COLONOSCOPY  
(Afternoon)**

**Clear Liquid Diet:** Continue with clear liquid diet. Continue drinking plenty of fluids.

**Bowel Prep:** Drink half (32 oz.) of the PEG mixture (8 oz. glass every 15 min.).

**Simethicone:** Chew and swallow 1 Simethicone tablet.

**DAY OF  
COLONOSCOPY  
(6 hours prior  
to procedure)**

**Bowel Prep:** Drink the remaining half (32 oz.) of the PEG mixture (8 oz. glass every 15 min.).

**Diet Restriction:** Upon completion of the PEG mixture, do not eat or drink. It is ok to take your morning medication with a sip of water.

**Dulcolax Pills:** Take 2 Dulcolax laxative pills with water.

**Simethicone:** Chew and swallow 1 Simethicone tablet.