

Yuma Gastro
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1390 W. 16th Street, Yuma, AZ 85364
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DOUBLE PREP WITH MIRALAX/SUPREP+DULCOLAX

Patient Name: _____

Date of Colonoscopy: _____

Arrive At: _____ *A 48 hr notice is required for cancellation/reschedule of procedure or a \$30 fee will be issued*

- | | | |
|--|---|--|
| <input type="checkbox"/> Yuma Endoscopy Center
2261 S. Avenue B
(928) 318-2052 | <input type="checkbox"/> YRMC
2400 S. Avenue A
(928) 336-2000 | <input type="checkbox"/> Focused Imaging of Arizona
2270 Ridgeview Dr. #127
(928) 317-0470 |
|--|---|--|

You **MUST** have someone remain with you at the facility until you are discharged and drive you home. If you do not, the procedure will NOT be done.

MEDICINE: Seven days prior to exam, stop iron.

PURCHASE: 2 Dulcolax tablets (5mg) fill prescription for Suprep at any pharmacy and 238 or 255 grams of Miralax (over the counter) 64 oz. Bottle of Gatorade any color except red or purple. **If you prefer brand name, advise your pharmacy.**

Day before Exam:

- NO SOLID FOOD, *CLEAR LIQUID DIET* ONLY.
- STOP any chewing tobacco products

Day before Exam:

- At 8:00 am: Pour one (1) 6-ounce bottle of Suprep liquid in to the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL of the liquid in the container.
- You **MUST** drink two (2) more 16-ounce container of water within the next one hour.

Noon(12:00) day Before Exam:

- Take two Dulcolax tablets with a large glass of clear liquid.

Evening Day Before Exam:

- Pour contents of Miralax in bottle of Gatorade, mix until completely dissolved.
- At 6 pm: drink 1 cup (8 oz) of Miralax every 15 minutes until you finish the whole bottle. (Should finish in 2 hours or less)

Morning of Exam: Please wear comfortable enclosed shoes (no flip flops, no high heels, etc.).

- Refrain from smoking the day of your procedure
- Five (5) hours prior to your exam, pour the remaining 6-ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink ALL of the liquid in the container.
- You **MUST** drink two (2) more 16-ounce containers of water within the next one (1) hour.
- STOP DRINKING LIQUIDS and CHEWING GUM and take your blood pressure and heart medications only THREE (3) hours before your exam.
- No diabetic medication until after your procedure.

If you have any questions regarding your preparation or to cancel your appointment, call Yuma Gastro at (928) 344-4325.

CLEAR LIQUID is any liquid that you can see through. Examples: apple juice, white grape juice, sports drinks, chicken or beef bouillon, and jello (No fruit, toppings, red or purple jello). Do not drink milk or juices with pulp. Avoid red and purple drinks.