Important Note: Must stop any Aspirin Products, Coumadin and Plavix 5 days before your procedure.

Day of your Prep: ____________________________

Important note: No solid food or dairy products.

STEP ONE:
From the time you get-up in the morning, you must start the Liquid Diet. Liquids allowed are described below.

Liquids Diet: Nothing that contains red color

1. Water, Tea, Jello (no fruit)
2. Beef or Chicken Broth
3. Clear Juices or sodas
4. Black Coffee (no milk or cream)

The Importance of Proper Hydration – Colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It is important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep.

STEP TWO:

- Mix the Colyte powder in the gallon size container received from the pharmacy adding 4 liters of drinking water.
- **First Dose:** Start drinking your Colyte prep mix around 10 am. Drink one 8 oz glass of prep every 15 minutes for a total of eight doses and stop. This will be a total of 1/2 gallon of the prep.
- Continue drinking liquids from the liquids list described above.
- **Second Dose:** Start drinking your Colyte prep mix around 7 pm. Drink one 8 oz glass of the Colyte prep every 15 minutes for a total of eight doses. This will conclude the rest of your prep.
- Take two GAS-X tablets before bedtime. They can be bought over the counter at the pharmacy.
- **NOTHING TO DRINK AFTER MIDNIGHT.**

Take all your medications unless otherwise specified by Dr. Baez. Nothing to eat or drink 8 hrs before the morning of your procedure except blood pressure and heart medication with a little sip of water no later than 2 hrs before your procedure. >>You will be under sedation and will need a driver<<

Day of your Procedure ____________________________ Time: ____________________________

Time to check in ____________________________ Place of Service: ____________________________

A 48-HOUR NOTIFICATION IS REQUIRED FOR CANCELLATIONS OR RE-SCHEDULES.
In order to validate the change, you must speak with a Pima Gastro staff member. No recorded messages. There will be a $100.00 charge for procedures not cancelled within the 48 hrs.
Office Hours: Monday – Friday 9:00 – 3:00 Closed 12:00 – 1:00 pm