

Get Ready for Your Colonoscopy!

This checklist will help you feel confident and ready for your procedure. Let's make it easy!

1. **Pick Up Your Prep Early**

- Don't wait 'til the last minute! Grab your bowel prep at least 1 week before your procedure.

2. **Review the Instructions**

- Give your prep instructions a fresh look a few days before your procedure.
- They're broken down into simple, daily steps – no guesswork needed!
- Questions? Don't stress — just give us a call! 928-773-2222 (option 8).

3. **Watch Your Fiber**

- High fiber foods (like seeds, nuts, raw veggies, and whole grains) can make it hard for us to get a good look.
- Skip them starting 3 days before your procedure — your colon will thank you!

4. **Health Changes? Give Us a Ring!**

- Been to the emergency room?
- Diagnosed with a new medical condition?
- Starting any new medications (especially blood thinners)?
- Call us right away so we can make sure it's still safe to proceed. 928-773-2222 (option 8).

5. **Still Have Questions?**

- We're happy to help!
- Call us at 928-773-2222 (option 8)

❖ Bonus Tip: A clean colon = a successful colonoscopy! The better the prep, the better the results — and the less likely you'll have to do it again anytime soon!