



# Flagstaff Surgical Associates

## Gastroenterology

77 W Forest Ave Suite 107 Flagstaff, AZ 86001  
928.773.2222 – Opt. 8

## Colonoscopy Prep Checklist

### 1. Pick Up Your Prep Early.

- We will send your prep to your preferred pharmacy, please pick it up as soon as possible.
- If it is not picked up within two weeks after the ordering date, it will be put back on the shelf and will need a new order.
- **NOTE\*** You will need to purchase either MiraLAX or Magnesium Citrate (Whatever is listed on your prep) and can be found at any drug/grocery store in the laxative aisle.

### 2. Review the Instructions

- Please review prep 1 week in advance, as the prep starts 5 days out.
- If you are currently taking blood thinners, please call our office to confirm when you will need to stop taking them.
- Injectable weight loss medications (Ozempic, Wegovy, Monjauro) will need to be stopped 7 days prior to procedure.
- It is broken down into simple, daily steps – no guesswork needed!

### 3. Watch Your Fiber

- High fiber foods (Seeds, nuts, raw veggies, and whole grains) can make it hard for us to get a good look.
- Please discontinue these foods 3 days prior to your procedure.

### 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)?

### 5. Still Have Questions?

- We're happy to help!
- Call us at 928-773-2222 (Option 8)
- 77 West Forest Avenue Suite 107 Flagstaff, AZ 86001