GRANGER MEDICAL CLINIC

**Alison Oakes, MD**
**office** 801.965.3698

# Patient Instructions for Colonoscopy

Your colonoscopy is currently scheduled for _____, at the following location:

| **Wasatch Endo Center** | **Alta View Surgical Center** | **Utah Surgical Center** | **Riverton Hospital** | **Jordan Valley-West** |
|---|---|---|---|---|
| (St. Mark's Hospital ER Entrance) | 9960 S. 1300 E. | 3715 W. 4100 S. | 3741 W. 12600 S. | 3460 S. Pioneer Pkwy |
| 1220 E. 3900 S., Ste. 1B | Sandy, UT 84094 | West Valley City, UT 84120 | Riverton, UT 84065 | West Valley, UT 84120 |
| Salt Lake City, UT 84124 | 801.924.2978 | 801.957.0200 | 801.285.2775 | 801.964.3650 |
| 801.281.3657 | | **Call facility for time.** | | |

The facility will contact you the day before to verify your arrival time.
If your colonoscopy is scheduled on a Monday, they will contact you the Friday before.

PRESCRIPTION INCLUDED PRESCRIPTION SENT TO PHARMACY

Please call 801.965.3698 if you need to cancel or reschedule your colonoscopy.
**Cancellations *must* be made 5 days in advance in order to avoid being charged a no-show fee.**

****PLEASE FOLLOW THESE PREP INSTRUCTIONS COMPLETEY****
It is imperative that you follow these instructions in order to avoid having your procedure rescheduled.

**3 days before your procedure:**

Eat a low fiber diet. Avoid raw vegetables, fruits or vegetables with skins or seeds (e.g., tomatoes, corn, squash, etc.), whole grain foods (e.g., breads, crackers, cereal, etc.), popcorn, nuts, and seeds.

**The day before your procedure:**

Drink **clear liquids only** for breakfast, lunch, and dinner (ALL DAY). Hydration is very important; the more clear liquids you drink, the better your prep will be.

In the evening between 5-9pm drink one bottle of **CLENPIQ** and drink 5 or more 8oz cups of clear liquid.

**Take 2 GAS-X tablets** the night before your procedure to help the prep work better.

**The morning of your procedure:**

At least 5 hours before your procedure, drink the second bottle of **CLENPIQ** and drink 4 or more 8oz cups of clear liquid.
**STOP drinking all liquids 3 hours before your procedure.**
(If your procedure is scheduled first thing in the morning, please complete your prep the night before.)

**Clear liquids allowed:** Anything you can see through. These include water, clear fruit juices (e.g., apple, white grape juice), any flavor bouillon, any color Jell-O, any soda drinks, straight black coffee (NO creamers), Gatorade, or Powerade. NO SOLID FOODS OR MILK PRODUCTS ALL DAY. Avoid RED-colored liquids.

You will receive intravenous (IV) sedation and **MUST** have someone **SIGN YOU OUT and DRIVE you home!**

**You may stay on your low-dose Aspirin. Please be sure to ask about other blood thinning medications as they may need to be stopped 5 days prior to your procedure.**

*****You will be contacted by one of our Patient Benefit Advisors prior to your colonoscopy to review any deductibles and out-of-pocket costs.*****