GRANGER MEDICAL CLINIC

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# Patient Instructions for Colonoscopy

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

| **Northpointe Surgical Center** | **Alta View Surgical Center** | **Utah Surgical Center** | **Riverton Hospital** | **Jordan Valley-West** |
|---|---|---|---|---|
| 2326 N. 400 E. | 9660 S. 1300 E. | 3715 W. 4100 S. | 3741 W. 12600 S. | 3460 S. Pioneer Pkwy |
| Bldg. C, Ste. 100 | Sandy, UT 84094 | West Valley City, UT 84120 | Riverton, UT 84065 | West Valley, UT 84120 |
| Tooele, UT 84074 | 801.924.2878 | 801.957.0200 | 801.285.2775 | 801.964.3650 |
| 435.843.0180 | | **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.

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

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

OVER-THE-COUNTER PREP: Purchase
MiraLAX (238 gram bottle)
Bisacodyl Tablets (Dulcolax)
64 oz. Gatorade/Powerade

DAY BEFORE PROCEDURE:
Drink CLEAR LIQUIDS ONLY for breakfast, lunch, and dinner (ALL DAY).
Take 2 GAS-X tablets the night before the procedure to help the prep work better.

Step 1: At 3 pm, take three (3) Dulcolax tablets with a glass of water.
Step 2: At 6 pm, mix the entire bottle of MiraLAX powder with the 64 oz. of Gatorade/Powerade.
Drink one (1) glass every 15 minutes until you have one (1) glass left. Reserve the final glass.
Step 3: At 9 pm, take two (2) Dulcolax tablets with the remaining glass of MiraLAX and Gatorade/Powerade mixture.
*You may continue to drink clear liquids or water to stay hydrated.*

MORNING OF THE PROCEDURE: DO NOT drink any liquids three (3) hours before the procedure.

Clear Liquids Allowed: Anything that you can see through. These include water, clear fruit juices (apple and white grape juice), any flavor bouillon, any color jello, 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 therefore, you **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 endoscopy.**

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