GRANGER MEDICAL CLINIC

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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, mix the PLENVU (dose 1 pouch) as instructed on the side of the box. Drink the 16 ounces of solution at **6 pm**. You must drink at least 16 ounces of water over the next 30 minutes. Continue to drink clear liquids until bedtime.

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

The morning of your procedure:

At least 4 hours before your procedure, drink the second 16-ounce solution of PLENVU (dose 2, mixing pouch A & B) as instructed on the side of the box (e.g., if your procedure is at 9 am, start drinking the PLENVU at 5 am). Then drink at least 16 ounces of water over the next 30 minutes. Continue to drink additional clear liquids. **STOP drinking all liquids 3 hours before your procedure.**

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.*****