GRANGER MEDICAL CLINIC

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office 801.965.3698

Patient Instructions for Colonoscopy

Your endoscopy 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 endoscopy 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 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.

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.

DAY BEFORE PROCEDURE:
Drink CLEAR LIQUIDS ONLY for breakfast, lunch, and dinner (ALL DAY).

In the morning, and all day, drink clear liquids only. Hydration is very important. The more clear liquids you drink the better your prep will be.

In the evening, before your procedure, mix the Suprep as instructed on the side of the box. Drink the first 16 oz. of solution at 6 pm. You must drink at least 32 oz. of water over the next hour. Continue to drink clear liquids until bedtime.

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

MORNING OF THE PROCEDURE:
Drink the second 16 oz. solution of Suprep at least 4 hours before your procedure (for example, if your procedure is at 9 am, start drinking the Suprep at 5 am). Drink the last 32 oz. of water over the next hour.
DO NOT drink any liquids 3 hours before your 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.