



COLONOSCOPY PREPARATION INSTRUCTIONS

www.GranitePeaksGI.com

Phone 801.619.9000

The Day before your Exam

- Read all instructions thoroughly.
- If you have severe allergies to soy beans and/or eggs, please contact us immediately.
- Eat a light breakfast prior to 9:00 AM and then drink plenty of clear liquids **ONLY** the rest of the day (Clear liquids include: water, black coffee, tea, ANY soda, broth, jello, juice without pulp- *nothing red or purple*)

Preparation Instructions:

- Purchase: **Bowel Prep** (prescription only)
Our physicians recommend MOVIPREP, the prescription is included in this preparation packet. (A substitution may be available from your pharmacy)
- Follow the mixing instructions on the prescription you were given.
- You may chill the solution ahead of time, however it must be consumed within 24 hours of mixing.
- **5:30 PM:** Drink HALF of the mixed Bowel Prep, refrigerate the remaining half.
Continue to drink additional clear liquids throughout the evening!

Day of your Exam

- **4 hours before your arrival time:** Drink the remaining half of the Bowel Prep.
Taking the second dose of the prep 4 hours before will reduce the risk of a second colonoscopy due to poor prep.
- Please drink plenty of clear liquids up until **2 hours before** your arrival time! Take nothing by mouth after that time.

Bring

- A list of prescription and over-the-counter medications you are taking, including the dosage/strength and time last taken.
- A completed Patient History Form, Photo ID, Insurance card and information.
- If you are sedated, you **must** have a responsible driver to drive you home. **Please have your driver remain in the facility waiting area during your procedure.**

Prescription Medications

- Take your heart, blood pressure, asthma, and seizure medications as prescribed. Take these medications with clear liquids at least **2 hours before** your arrival time. **Bring your inhaler with you!**
- If you take regular narcotic medication for pain relief, please stay on schedule and take at least **2 hours before** arriving.

Diabetics

- Test your blood sugar before coming in for your procedure and bring the reading with you. *If you take oral medication* for your diabetes: **do not take it** the morning of your procedure. *If you take insulin:* **do not take it.** **Bring your insulin** with you.
- If you have any questions regarding your oral medication or insulin dosages, please contact the physician that manages your diabetic care.

Patients on Blood Thinners

- If you are taking blood thinners such as Coumadin, Warfarin or Plavix, call **your prescribing physician and ASK if you may stop taking the medication** for 3 days before your procedure.
- If a biopsy is required during your colonoscopy and you **have not** discontinued your blood thinners for 3 days, you may be required to reschedule your colonoscopy for a later date due to the increased risk of bleeding.

Nursing Mothers

- After receiving sedation pump and dump twice before nursing your baby.