

Colonoscopy Prep Instructions – PLEASE READ CAREFULLY

DON'T FORGET
TO FILL YOUR PRESCRIPTION FOR

PREPOPIK
AT YOUR PHARMACY

IT IS VERY IMPORTANT FOR YOU TO CAREFULLY
FOLLOW THESE INSTRUCTIONS.

**A COMPLETE COLONOSCOPY CANNOT BE
PERFORMED ON AN UNCLEAN COLON!**

5 DAYS PRIOR TO YOUR EXAM:

- Ideally, anti-clotting medications are stopped 5 days prior to your colonoscopy to reduce the risk of bleeding during or after your procedure. If you take anti-clotting medications such as **Coumadin, Plavix, Pradaxa, Effient, Brilinta, or Xarelto**, then please discuss these medications with the prescribing physician (i.e. cardiologist, neurologist, or primary care provider). You are on these medications for an important clinical reason (i.e. *heart disease, cardiac stent, atrial fibrillation, stroke, mechanical heart valve, history of blood clots*). **Please let us know if you are not allowed to stop these medications** or if you are advised to use *Lovenox* or *Heparin* prior to your colonoscopy.
- If you have diabetes, your primary care provider will advise you how to manage your medications prior to the colonoscopy (i.e. insulin).

3 DAYS PRIOR TO YOUR EXAM:

- Avoid nuts, seeds, whole wheat bread, beans, corn, raw vegetables or fruits with seeds or skin, as they may adversely influence the quality of your exam.

2 DAYS PRIOR TO YOUR EXAM:

- You may eat a regular dinner, but **stop eating solid foods after 7:00 pm**.
- You may continue to drink clear liquids. This means liquids you can see through such as apple juice, water, Sprite, Jell-O, Coffee (no creamer), tea, clear chicken or beef broth, clear Gatorade/Powerade, or Crystal Light. No milk or pulp products: Avoid anything with red dye.

1 DAY PRIOR TO YOUR EXAM:

- **Restrict your diet to clear liquids. No solid food until after the procedure. Stay hydrated!**
- By 5:00 pm begin drinking the Prepopik. Tear open the packet and dissolve the powder contents in 5 ounces (lower line on the dosing cup) of cold water. Stir 2-3 minutes. Drink all of the solution.
- After drinking the 5 ounces of Prepopik solution, drink an additional **five 8-ounce** (upper line on the dosing cup) cups of clear liquids over the next 2 hours.
- Continue to drink clear liquids to stay hydrated.

THE DAY OF YOUR EXAM:

- **Remember not to have any food until after your procedure!**
- At least 4-5 hours before your scheduled procedural arrival time, drink the second dose of Prepopik. This may require you to get up in the middle of the night, if you have an early morning exam. Tear open the other packet and dissolve the powder contents in 5 ounces (lower line on the dosing cup) of cold water. Stir 2-3 minutes. Drink all of the solution.
- After drinking the 5 ounces of Prepopik solution, drink an additional **three 8-ounce** (upper line on the dosing cup) cups of clear liquids over the next 2 hours.
- If you have diabetes, test your blood sugar before coming in for your exam and bring the reading with you. If you take oral medications for your diabetes, don't take them the morning of your procedure **unless otherwise instructed by your doctor**. If you take insulin, take only ½ of your usual morning dose and bring the insulin with you to the procedure.
- You may have *only* clear liquids up until **3 hours** prior to your procedure start time (2 hours before your endoscopy-lab arrival time). We must insist on this "nothing by mouth" time for patient safety. Do not have anything by mouth after this point, as your stomach must be completely empty at the time of the procedure.
- You may take your usual medications (i.e. for blood pressure). Any medications taken the day of your procedure may be taken with a small sip of water, AT LEAST 2 HOURS PRIOR TO YOUR ARRIVAL TIME.
- You may apply zinc oxide or petroleum jelly to anal area to prevent irritation. Baby Wipes or Medicated Tucks may be considered.

OTHER INFORMATION:

- You must have someone available to drive you home after your colonoscopy. If you are planning to take a taxi home, then a friend or family member must accompany you. Plan on spending 2-3 hours at the facility.
- You may receive up to 4 separate bills: 1-facility, 2-physician, 3-pathology, 4-anesthesia
- Wear comfortable clothing. Bring your glasses, hearing aids, insurance cards and completed information forms, if applicable. Avoid bringing valuables. We will expect payment of co-pays, co-insurance and deductibles at the time of service.
- If you must cancel or reschedule your procedure, then you must give notice 2 full business day in advance. Failure to do so will result in a \$100 cancellation fee.
- Additional information is available on our website: www.utahgastro.com.

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YOUR PROCEDURE IS SCHEDULED FOR (date): _____ (time): _____

with Dr. _____ . *Check-in at the center marked below 1 hour prior to your exam time.*

Davis Hospital & Medical Center

11600 Antelope Drive, Layton, UT. 801-807-7034 Use the ER Entrance.

Dixie Regional Medical Center — 1380 E Medical Center Drive St George, UT.

435-251-1000. Northwest entrance 2nd floor Outpatient surgery Endoscopy Lab.

If not contacted by the day before your procedure, call to pre-register 435-251-1839.

Intermountain Alta View Endoscopy

North Specialty Center, 9450 S 1300 East, Sandy, UT.

Please call 801-442-8600 1-2 days prior to your procedure to pre-register.

Intermountain LDS Hospital — 8th Avenue & C Street, SLC, UT., 801-408-1057

Entrance West Wing of Hospital. Call 801-442-8600 or toll free 888-269-8674 the day

before your procedure to pre-register - Free Valet Parking Available.

Intermountain Medical Center — 5121 South Cottonwood Drive, Murray, UT.

801-507-3262. Check in at the Eccles Outpatient Building, Level 2. Free Valet Parking Available.

Call 801-442-8600 or toll free 888-269-8674 the day before to pre-register.

Lakeview Hospital

630 E Medical Dr., Bountiful, UT., 801-299-4657. South Entrance, Same Day Surgery Registration.

Lakeview Endoscopy Center

620 E Medical Dr., Suite 200, Bountiful, UT., 801-299-6760. Call the day before your procedure to pre-register.

Mountain West Endoscopy Center

6360 South 3000 East, Ste 320, SLC, UT., 801-944-3166.

If not contacted by the day before your procedure, call to pre-register.

Riverton Hospital

3741 West 12600 South, Riverton, UT. 801-442-8600 or toll free 888-269-8674.

Call the day before your procedure to pre-register.

St. George Endoscopy Center

368 E Riverside Drive, Suite B, St. George, Utah 84790. 435-674-3109.

St. Mark's Hospital Endoscopy

1200 E. 3900 S., Salt Lake City, UT., 801-269-7140. Call 801-268-7341 to pre-register 1-2 days prior to your procedure.

Check-in at the registration desk inside the main entrance of the hospital.

Wasatch Endoscopy Center

1200 East 3900 South, #1B, Salt Lake City, UT., Call 801-281-3657 Monday-Friday to pre-register 1-2 days prior to your appointment. Enter through the canopied "Emergency" entrance on the north side of St. Mark's hospital. Wasatch Endoscopy Center is the first door on your left.

Utah Gastroenterology

6360 South 3000 East Suite 310, SLC, UT 801-944-3141

Valley View Medical Center

1303 N Main Cedar City, UT. 435-868-5000. Routine Diagnostic Center

**For Questions
please call one
of our offices:**

Bountiful
801-298-0057

Murray/TOSH
801-424-6310

Old Mill
801-944-3141

Riverton
801-727-4280

St. Mark's
801-263-3041

St. George
435-673-1149