

Your procedure will be scheduled at:

Alta View Specialty Center
9450 S. 1300 E.
Sandy, UT 84094

Pre-Registration: 801.442.8600

PLEASE CALL 801.965.3566 IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE. CANCELLATIONS **MUST** BE MADE 72 HOURS IN ADVANCE IN ORDER TO AVOID BEING CHARGED A NO-SHOW FEE.

Please follow the instructions listed on the attached instruction sheet. Alta View Specialty Center will contact you the day before your scheduled procedure to verify your arrival time. If your procedure is scheduled on a Monday, they will contact you the Friday before.

Important Reminders:

- Please inform the office staff if you are taking any blood thinning medications, such as Coumadin (warfarin), Lovenox, or Plavix, or medication to control blood pressure
- Do **NOT** eat or drink anything 4 hours before your procedure
- If you are unable to make it for your procedure, please call our office immediately; there are other patients that need to be seen
- **You will need a driver to take you home after your procedure**

If you have any questions or concerns, please call the medical assistant at 801.965.3566. You may also reach the receptionist at 801.965.3425.

Bowel Preparation

Read these instructions immediately!

PLEASE NOTE: In an effort to improve the quality of your colonoscopy, please take the preparation exactly as directed. When the entire preparation is completed, it provides a successful bowel cleanse approximately 98% of the time. It is imperative that you complete the entire preparation.

PLEASE CHOOSE ONLY ONE OPTION (A OR B), NOT BOTH

A. Have your prescription for Suprep filled at your pharmacy (best if cold).

(OR)

B. Pick up your over-the-counter supplies.

- One, 64 oz. (no red or purple), Gatorade or Powerade. If you are diabetic, you may use 64 oz. of water with Crystal Light powdered drink mix
- 5 Dulcolax Laxative Tablets (not the suppository or stool softeners)
- One, 238-gram bottle of MiraLAX powder (over-the-counter)

1 DAY PRIOR TO YOUR EXAM:

Clear fluids ONLY for BREAKFAST, LUNCH, AND DINNER. Continue fasting until after your procedure. **DO NOT** have any solid foods, milk, or milk products. **Nothing colored RED or PURPLE. No fruits, vegetables, cookies, crackers, or frozen concentrated liquids. No alcoholic beverages.**

Clear Liquids Include:

- Water, chicken broth, soft drinks (e.g., Sprite, Coke, Pepsi, orange soda, ginger ale, etc.)
- Strained fruit juices (without pulp) such as apple, white grape, orange, or white cranberry
- Limeade or lemonade, Kool-Aid, Gatorade (NO RED, PURPLE, OR PINK)
- Coffee or tea (**DO NOT** use any dairy or non-dairy creamer)
- Gelatin desserts without added fruit or toppings (NO RED, PURPLE, OR PINK)

Remember, if you can see through it, it is a clear liquid.

STAY HYDRATED

Suprep Bowel Prep Instructions (Option A)

Begin the evening before your procedure, about 5 pm.

1st Dose:

- Step 1 - Pour ONE 6 oz. bottle of Surprep liquid into the mixing container
- Step 2 - Add cool drinking water to the 16 oz. line on the container and mix
- Step 3 - Drink ALL the liquid in the container
- Step 4 - You MUST drink two (2) more 16 oz. containers of water over the next hour

2nd Dose:

At 9 pm the evening before your procedure. You must finish all four steps 3 hours before your procedure.

- Step 1 - Pour ONE 6 oz. bottle of Surprep liquid into the mixing container
- Step 2 - Add cool drinking water to the 16 oz. line on the container and mix
- Step 3 - Drink ALL the liquid in the container
- Step 4 - You MUST drink two (2) more 16 oz. containers of water over the next hour

**NOTE: YOU MUST NOT CONSUME ANYMORE LIQUIDS WITHIN 4 HOURS OF YOUR PROCEDURE.
NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE.**

**PLEASE CONTACT OUR OFFICE IF YOUR STOOL IS NOT CLEAR LIQUID (YELLOWISH COLOR IS OKAY)
AFTER YOUR SECOND DOSE.**

Over-the-Counter Bowel Prep Instructions (Option B)

The day before your procedure: Pre-mix the 64 oz. drink of choice (best served cold). Have clear liquids only for breakfast, lunch, and dinner; the more the 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 64 oz. of Gatorade/Powerade or Crystal Light. Drink one 8 oz. glass every 15 minutes until you have one glass left. Reserve the final glass.

Step 3 - At 9 pm, take two (2) Dulcolax tablets with the remaining glass of MiraLAX/Gatorade

DO NOT have anything to eat or drink for at least **4** hours prior to your procedure.

You will need someone to drive you home after the procedure. Failure to show up with a driver may delay your procedure or it may be rescheduled for a later date.

Please call the medical assistant at **801.965.3566** if you have any questions or concerns. If you need to reschedule your procedure, please call one week before your scheduled procedure date.