



Exceptional Care. One Patient at a Time.

Tim Hollingsed, MD

**Granger Medical Clinic
3725 W. 4100 S.
West Valley City, UT 84120**

Your Procedure will be scheduled at:

Alta View Specialty Center

9450 S. 1300 E., Sandy, UT 84094

Pre-Register call

801.442.8600

PLEASE CALL 801.965.3566 TO CANCEL PROCEDURE OR RESCHEDULE. CANCELLATIONS **MUST** BE DONE 72 HOURS IN ADVANCE TO AVOID BEING CHARGED A NO-SHOW FEE.

Please follow the pre-registration 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 for your procedure. If your procedure is scheduled on a Monday, they will contact you on Friday.

Remember, you will need a driver to take you home after your procedure.

Important Reminders:

- Please inform the office staff if you are taking any blood thinning medications such as Coumadin, Lovenox, Plavix or medication to control blood pressure.
- Do not drink anything 4 Hours before procedure.
- Listed above is the date for your scheduled procedure. If you have a conflict with that appointment date please call our office. There are other patients that need to be seen.
- Make sure you have a ride home.

If you have any questions or concerns please call our medical assistant at 801.965.3566 directly or you can reach the receptionist at 801.965.3425.

For more information visit grangermedical.com

Read These Instructions Immediately!

PLEASE NOTE: In an effort to improve the quality of the colonoscopy, when the prep is taken as directed, and 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 and mix in Crystal Light Powder.
- Dulcolax laxative tablets (not the suppository or stool softeners) you will need 5 tablets.
- One 238-gram container 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: (If you can see through it, it is a clear liquid)

- Water, Chicken Broth, Soft Drinks (Sprite, Coke, Pepsi, Orange Soda, Ginger Ale)
- Strained Fruit Juices (without pulp): Apple, White Grape, Orange, or White Cranberry
- Limeade or Lemonade, Kool-Aid (NO RED, PURPLE, OR PINK), Gatorade
- Coffee or Tea (**DO NOT** use any dairy or non-dairy creamer)
- Gelatin desserts without added fruit or topping (NO RED, PURPLE, OR PINK)

STAY HYDRATED!

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Suprep Prep Instructions

Option: A

Evening before your Procedure - Begin at about 5 pm (1st Dose):

Step 1: Pour ONE 6 oz. bottle of SUPREP liquid into the mixing container.

Step 2: Add cool drinking water to the 16-ounce 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 (Must finish all four steps 3 hours before your procedure):

Step 1: Pour ONE 6 oz. bottle of SUPREP liquid into the mixing container.

Step 2: Add cool drinking water to the 16-ounce 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 TAKING YOUR SECOND DOSE.

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Over the counter 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, or if you need to reschedule your procedure please call 1 week before scheduled appointment.

If you need to reschedule your procedure please call 72 hours before scheduled appointment.

For more information visit grangermedical.com