

Colonoscopy

A colonoscopy is an examination of the colon (large bowel) with a lighted flexible tube called a colonoscope. Your colon cleansing efforts are essential for an accurate examination.

Please read these instructions carefully at least two weeks prior to your procedure. For more information about the benefits and risks of colonoscopy, please refer to the fact sheet we sent you, or call 801.357.7743 for additional information.

Within two weeks of scheduling your appointment

- Purchase the Suprep prescription laxative at your pharmacy.
- Call us if you are taking blood thinners such as Warfarin, Plavix, Eliquis, Xaralto, Arixtra, Lovenox, Pradaxa, etc, so we can obtain approval from your physician for you to go off your medications before the procedure.

One day before your procedure

- Drink only clear liquids from the time you wake up in the morning. These include water, Gatorade, Propel, clear juices such as apple, white grape or white cranberry, clear bouillon, broth, plain popsicles and Jello, soda, black coffee or tea with no milk or creamer. **Do NOT drink any red or purple liquids. Do NOT eat any solid food. Do NOT drink alcohol. Do NOT consume any dairy products.**

At 6 p.m.:

STEP 1: Pour one 6 oz. bottle of Suprep 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 of the liquid in the container.

STEP 4: You **MUST** drink two (2) more 16 oz. containers of water over the next hour.

At 11 p.m.:

- Repeat steps one through four as listed above. NOTE: It is imperative that you drink all the Suprep solution and the required water within one hour. **DO NOT DRINK ANYTHING AFTER THE LAST PREP DOSE.**
- Expect to experience symptoms of nausea, cramping and bloating. These symptoms will subside as you continue to have bowel movements.

The day of your procedure

- Call us before your procedure if you have thrown up your laxative or are not passing clear or yellowish stool.

During your procedure

You should expect to be at the hospital for up to four hours, including your procedure and recovery. Someone must come with you and stay with you the entire time you are here. This person will need to drive you home afterward, and with your permission, he or she will talk to the doctor following your procedure. If you have any worries or concerns about your preparation or procedure, please call us at 801.357.7743. If you cannot make your appointment, contact us at least 72 hours prior to your appointment.