Granite Peaks Gastroenterology

1393 E Sego Lily Dr (Building 1) Sandy UT 84092 **801-619-9000**





Granite Peaks Endoscopy 10150 S Petunia Dr (Building 2) Sandy UT 84092 801-619-1115

2-Day Prescription and MiraLAX® Bowel Prep Instructions

- PICK UP: Your prescription prep from your pharmacy
- PURCHASE: MiraLAX or generic polyethylene glycol (7 servings) to mix with drink below
- **Gatorade**® 32 oz (NOTHING RED OR PURPLE) Sugar-free drinks (G2®, Pedialyte®, Powerade Zero®, Propel® or water) are also options. Purchase additional clear liquids to drink.

7
Days
BEFORE
Procedure

Patients taking Ozempic®, Semaglutide, Mounjaro®, Wegovy®, Rybelsus®, Trulicity®, Victoza®or similar generic medications for diabetes or weight reduction will STOP these at least 7 days prior to your procedure. This should be done under the direction of your prescribing physician. For your safety, your procedure will be rescheduled if these are taken within 7 days of your procedure.

Two (2)
Days
BEFORE
Your
Procedure

- Stop fiber supplements such as Metamucil®.
- DO NOT EAT ANY SOLID FOOD. You will be on clear liquids this entire day. Clear liquids include black coffee, tea, water, sports drinks, soda pop, gelatin, broth, popsicles, etc. NOTHING RED OR PURPLE.
 You are encouraged to drink lots of clear liquids this whole day.

OUR OFFICE MAY CALL THE DAY PRIOR TO ADJUST YOUR ARRIVAL TIME AS WE FINALIZE THE CENTER'S SCHEDULE.

The Day BEFORE Your Procedure

- Mix your prescription prep with water and the provided flavor packet.
- At 9:00am, drink half of the prep over the next 2 hours.
- Continue drinking clear liquids throughout the day and evening.
- At 5:30pm drink the remaining prescription prep over the next 2 hours.
- A soothing ointment (Desitin®, Vaseline®) applied to the anal area may prevent discomfort and skin breakdown.

Day Of Procedure Day

- 4 hours prior to your appointment, mix the MiraLAX and Gatorade until fully dissolved and drink over the next hour or two.
- You may continue drinking clear liquids <u>until</u> 2 hours prior to arrival. **NOTHING BY MOUTH** for 2 hours before your appointment no water, mints or gum.
- Bowel movements should be watery and clear yellow or clear green in color, and you should be able to see the very bottom of the toilet bowl. If you are not passing clear stool or it is still brown 2 hours prior to arrival time, please call our nurses at 801-619-1115 for instructions.

THIS IS A SEDATED PROCEDURE. A RESPONSIBLE DRIVER MUST REMAIN IN THE FACILITY THROUGHOUT YOUR APPOINTMENT. (90-120 minutes total). NO EXCEPTIONS.

Find Additional Information and Instructions on Our Website

www.GranitePeaksGl.com

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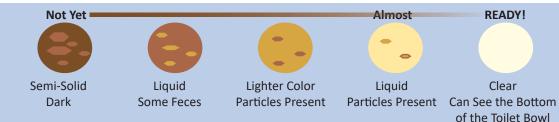




IMPORTANT INFORMATION

Please call us with any questions at 801-619-1115

IS YOUR BOWEL READY?



MEDICATIONS

• Except as noted below, take your regularly prescribed medications with small sips of water at least two (2) hours before you arrive. Read below for information about blood thinners or diabetic/weight loss medications.

DIABETICS - INSULIN or ORAL MEDS

- Please contact your prescribing physician for diabetic care if you have any questions regarding your oral medication or insulin dosages.
- Do not take oral diabetic medication or insulin the day of your procedure.
- Test your blood sugar before coming in for your procedure and bring the reading with you.

DIABETICS/
WEIGHT LOSS
PATIENTS Semaglutide,
GLP-1
Receptor
Agonists

- If you take any of these medications for diabetes or weight loss, talk to your prescribing doctor for instructions to safely STOP the medication at least 7 days prior to your procedure.
- Examples: Ozempic*, Rybelsus*, Mounjaro*, Wegovy*, Trulicity*, Victoza* or similar compounded or generic medication.
- Monitor your blood sugar levels while off the medication. Adjust insulin accordingly.

BLOOD THINNERS

- If you are taking prescription blood thinners, call the prescribing physician and ask
 if you may stop taking the medication for the required amount of time prior to your
 procedure.
- You may continue taking ibuprofen, aspirin and other anti-inflammatory medications <u>until</u> the day before your procedure. **DO NOT** take them the day OF your procedure.

BRING WITH YOU

- Leave valuables and phone/devices at home or with your driver
- Photo ID and Insurance Card
- Your inhaler, if you use one
- Diabetics: your morning blood sugar reading and insulin, if you use it
- **List of all medications**, vitamins and supplements you are taking (include dosage and last date and time each medication was taken before your arrival)
- Wear a short-sleeved shirt