

General Surgery at Northpointe

| Gail Strindberg, MD | | Sarah Johnson, NP-C |
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Northpointe Surgical Center
2326 N 400 E Bldg. C Ste 100
Tooele, Utah 84074
(435) 843-0180

Mountain West Medical Center
2055 N Main St
Tooele, Utah 84074
(435) 843-3600

PATIENT INSTRUCTIONS FOR COLONOSCOPY

Procedure Date: _____

PHYSICIAN: Gail Strindberg, MD

Yes _____ NO _____ Blood draw 90 days prior

_____ **NO FOOD** the day before your procedure, up until after your procedure.

*****You must contact us at least 48 hours prior to cancelling or rescheduling your procedure or you will be charged \$150 *****

THE FACILITY WILL CALL YOU WITH YOUR SCHEDULED TIME, IF YOU DO NOT HEAR FROM THEM BEFORE 3:00 PM THE DAY BEFORE YOUR PROCEDURE, LET US KNOW.

****3-5 days before your upcoming procedure, increase your water intake, hydration helps you to have a better cleanse.**

Day before procedure:

NO FOOD! Refer to the list of things you can have on the next page.

Mix your Golytely/Gavilyte in the morning, add a gallon of water or Gatorade (**no red or purple**) and place in the refrigerator to chill.

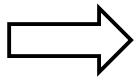
Begin your prep at 6:00 PM. You will only drink **HALF** of the container (2 liters), save the other half for the morning of procedure. **Drink 8 oz every 10 minutes.** Rapid drinking of the solution is better than drinking small amounts continually. Continue to drink **clear liquids** until bedtime, **HYDRATION** is extremely important for a successful colonoscopy.

Morning of the procedure - NO FOOD:

5-6 hours before procedure **drink the 2nd half** (2 liters) of the Golytely/Gavilyte (example: if your procedure time is 9 am, start drinking the Golytely at 3-4 am). Every 10 minutes drink 8 oz of solution until the container of Golytely/Gavilyte is empty.

- You will receive an IV sedation and **MUST have someone drive you home.**
- We recommend, flushable wipes and Vaseline in place of toilet paper, to avoid becoming too sore.
- YOU MAY STAY ON YOUR ASPIRIN. Ask about other blood thinners such as Plavix/Clopidogrel. Some of them may need to be stopped 5 days before your procedure. If you have questions about taking any of your medications, please don't hesitate to ask.

Clear Liquids Allowed:



Anything you can see through, such as water, clear fruits juices (apple and white grape) any flavor bouillon, Jell-O, clear soft drinks, Gatorade or Powerade.

Clear Liquids you MAY have the DAY BEFORE your test:

- Water
- Ice
- Coffee or Tea (no creamer or milk, sugar is ok)
- Soft Drinks (Orange, Ginger Ale, Coke, Sprite & 7UP) (**NOTHING red or purple**)
- Sports Drinks, Kool-Aid, Crystal Light (Orange or Lemonade, (**NOTHING red or purple**)
- Strained Fruit Juice, **PULP FREE** (Apple Juice, White Grape, White Cranberry & Lemonade.
- Low Salt Chicken or Beef Broth (Clear Broth or Bouillon)
- Hard Candies (**NOTHING red or purple**)
- Jell-o (Lemon, Lime & Orange, (**NOTHING red or purple**)
- Popsicles and Italian Ice, (**NOTHING red or purple**, no ice cream, sherbet, yogurt or fruit bars)

Items NOT allowed the DAY BEFORE your test:

- **NO** Alcoholic Beverages
- **NOTHING** Red or Purple
- **NO** dairy
- **NO FOOD!**

*******NOTHING THE DAY OF PROCEDURE*******

Please note:

If you need to take any medications the morning of the procedure, it is recommended to take them with **ONLY 2 Tablespoons or less of WATER**. There are some medications you **CAN NOT take**, please let us know if your medications change at least 2 weeks before your procedure.

Any Questions, please call our office (435)882-8111

Insurance Coverage for Colonoscopy

A screening colonoscopy is for patients 45 years or older with no current or previous issues. This should be covered 100% by your insurance.

If you have hemorrhoids removed with your screening, it may not pay at 100%.

If you have polyps, positive Cologuard, personal or family history of polyps/cancer, it is no longer considered a screening, but a diagnostic procedure and you may be charged for your colonoscopy.

If anything is owed, you may receive a billing statement from:

1. General Surgery at Northpointe (Dr. Strindberg)
2. Northpointe Surgical Center
3. Deseret Peak Anesthesia
4. Diagnostic Laboratory