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Preparing For Your Colonoscopy

- Your Procedure Is Scheduled On _____
- Your Estimated Appointment Time Is _____ AM / PM

Please Read and Follow the Instructions

What to Bring:

- Completed forms-Health History and Medication History
- Someone to drive you home. If you have not arranged for someone to drive you home your procedure will be **cancelled**. We prefer the driver arrange to stay during the procedure.
- Your insurance cards. Many insurance carriers (not Medicare) and managed care companies require pre-authorization or pre-certification. To obtain coverage for these procedures, you will need to contact your insurance company. Let your insurance company know if your colonoscopy is either a screening or surveillance. If you need assistance or have questions call our authorization coordinator at **435-716-5900**.
- Your **2** co-pays. You will have a co-pay for the hospital and a co-pay for Dr. Garg.
- Picture I.D.
- Copy of relevant medical records from your referring physician

What to Wear:

- Wear comfortable loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. **Do not wear jewelry or bring valuables.**

Medical Conditions

If you have any of the conditions listed follow the instructions

- Diabetes- Normally we recommend that you do not take your oral hypoglycemic or insulin before your procedure. Bring it with you to take after your procedure. Check your blood sugar frequently while taking the prep solution and the morning of your procedure.
- Aspirin – If you are taking aspirin due to a **doctor's order** to prevent stroke or heart attack continue to taking the aspirin. Stop taking your aspirin if you take it for other reasons.
- Ibuprofen, Advil, Excedrin, Motrin- Stop 7 days prior to your colonoscopy
- Coumadin (warfarin), Plavix (clopidogrel), Heparin, Lovenox (enoxaparin) or other anticoagulants –call Dr. Garg's office 7 days before your exam for instructions. 435-716-5549

About Your Visit Time:

All procedures vary in length. Due to these differences your procedure start time may need to be adjusted on the day of your procedure. Every effort will be made to keep your appointment at the scheduled time. Unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for their procedure.

You should plan to stay at the hospital 2-4 hours.

Directions and Parking

The endoscopy (GI) department is located on the third floor of the Medical Arts Wing in Logan Regional Hospital. Our address is 1350 North, 500 East, Logan, Suite 340. The easiest way to get to the department is park in the Budge Clinic parking lot off 1300 North. Enter the Budge Clinic front door and take the elevators to the 3rd floor and walk straight ahead (a little to the left) following the signs labeled “GI Lab” until you get to suite 340.

Confirming Appointment

We will need to confirm your appointment 1 week before your procedure. There are pre-procedure questions we need to ask. If you have not been contacted from Dr. Garg’s office, please call 435-716-5900

Cancel or Questions

If you have questions or must cancel please call **435-716-5900 or 435-716-5549**. We require a 72 hours as soon as possible.

Interpreter Service

If you need an interpreter provided please contact the Gastroenterology Department at 435-716-5900

Questions To Ask Your Insurance Provider:

- I am scheduled for a colonoscopy what is my financial responsibility?
- If polyps are found does it change what I am responsible to pay?
- What is my deductible?
 - Has it been met?

Your Insurance Provider may ask for these CPT Codes:

- Screening colonoscopy 45378
- Biopsy 45380
- Polyp/Snare 45385

Colonoscopy Bowel Preparation Instructions

Miralax 2 Days Bowel Cleansing

About Colonoscopy

Bowel cleansing is needed to perform a successful colonoscopy. Any stool remaining in the colon can hide polyps and other lesions this could result in the need to repeat the colonoscopy. **It is very important to follow the Bowel Cleansing Process.**

Five Days Before Your Colonoscopy

- Read all of your preparation instructions
- Contact your prescribing physicians for instruction on dosage of blood thinner and or diabetic medications.
- **At your pharmacy or drug store please buy:**
 - **Dulcolax (bisocodyl) tablets # _____**
 - **Miralax Powder 238 gram bottle (14 day bottle)**
 - **One 10 oz. bottle of Magnesium Citrate**
 - **You will need a prescription from our office to purchase the Zofran (ondansetron) from your pharmacy.**
 - **64 ounces or 2 quarts of PowerAde or Gatorade. Purchase more Gatorade or PowerAde for additional fluid intake. DIABETICS SHOULD CHECK SUGAR CONTENT OF CLEAR LIQUID.**
- Stop herbs, vitamins, and oral iron supplement. Stop any anti-inflammatory medications. (Motrin, Ibuprofen, Advil). Tylenol and Celebrex (celecoxib) are okay to continue.
- If you have the tendency to be constipated, start taking (2) Dulcolax tablets 5 nights prior until your procedure.
- Arrange a driver for after the procedure. You will be unable to drive for 24 hrs. In addition, someone will need to be with you and check on you after the procedure.

Three Days Before Your Colonoscopy

- Take (2) Dulcolax (bisocodyl) tablets at bedtime. Continue to take (2) tablets each night prior to your procedure.
- Complete the forms sent from the Endoscopy Department (health history and medication history).
- Contact your insurance company to check on coverage.
- Make a list/addresses of the physician(s) who you want to receive a report of your procedure.
- Avoid all foods and beverages that contain seeds, strawberries, raspberries, etc.
- Confirm you have a driver to take you home following your procedure.

Two Days Before Your Colonoscopy

- **No Solid Food all day**
- Clear liquid diet all day (see clear liquid diet).
- At 7:00 pm drink one 10 oz. bottle of Magnesium Citrate. You may continue to drink clear liquids.

One Day Before Your Colonoscopy

- **No Solid Food**
- Clear liquid diet all day (see clear liquid diet).
- 5:30 pm take 1 Zofran (ondansetron)
- **Mix ½ of 238 gram bottle of Miralax with 1 quart of selected clear liquid in a large pitcher; mix the remaining Miralax with the other 1 quart of clear liquid. Stir, chill and ice if you would like.**
- Drink an extra 8 ounces of clear liquid every hour from 11 am to 5 pm.
 - A 6:00 pm drink 8 ounce of Miralax solution every 10 minutes until the 1st quart is consumed.
- Continue to drink clear liquids until you go to bed. It is recommended to drinking at least another quart of clear liquid.
- You may apply a petroleum based product or diaper rash ointment to the rectal area to decrease discomfort from the frequent stools.

The Day of Your Colonoscopy

- **No Solid Food**
- You may take your morning medication except for insulin or oral diabetic medications
- Take 1 Zofran (ondansetron) 30 minutes before starting the Miralax solution.
- Beginning 5 hours before you scheduled procedure time, drink the 2nd quart of Miralax solution.
- Drink 8 ounces every 10 minutes until the solution is gone
- You may continue to drink clear liquids until 1 ½ hours before your scheduled procedure time.
- If your procedure is scheduled in the early morning, you will need to get up in the middle of the night to take this dose of preparation. The correct timing of this dose is essential to an effective preparation.
- **Your driver must remain in the waiting room during your procedure**
- After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before bedtime.

If you feel the preparation is not working, notify the Endoscopy Department at 435-716-5900

Clear Liquid Diet

Propel, PowerAde and Gatorade are the preferred clear liquids, use low-calorie if you are diabetic, (no red or purple)

Clear fruit juices, white grape juice and apple juice

Water

Kool-Aide, (no red or purple)

Clear soup or bouillon

Popsicles (no red or purple)

Tea or coffee without cream

Hard candies

Soda- 7-up, Sprite, Pepsi, Coke, Ginger ale, orange (no red or purple)

Jell-O (no red or purple)

Definition of a Clear Liquid Diet– if you can see through it you can drink it.