



**Budge Clinic  
Gastroenterology  
1350 North 500 East  
Logan, UT 84341**

**Office: 435-716-1260 Fax: 435-716-1275**

## **Preparing For Your Colonoscopy**

- PLEASE BRING A DRIVER WITH YOU AT THE TIME OF THE VISIT**
- PLAN ON TAKING WHOLE DAY OFF OF WORK**

### **Please Read and Follow the Instructions**

#### **What to Bring**

- Arrange for 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 to stay during the procedure. You will be sedated during your procedure and will not be allowed to drive for 12 hrs. In addition, someone will need to be with you and check on you after the procedure. You must have a responsible person over the age of 16 to accompany you home.
- Bring your insurance cards. Many insurance carriers (not Medicare) and managed care companies require pre-authorization or pre-certification. To check coverage for this procedure, you will need to contact your insurance company. Let your insurance company know if your colonoscopy is either a 1<sup>st</sup> screening or follow up. If pre-authorization is required, you need assistance or have questions call our authorization coordinator at **435-716-1260**.
- Bring any co-pay(s) required by your insurance. There will be one for your physician and one for Logan Regional Hospital.
- Bring picture I.D.

#### **What to Wear:**

- Wear comfortable loose fitting clothing. **Do not wear jewelry/watch or bring valuables.**

#### **Medical Conditions** If you have any of the conditions listed below follow the instructions:

- Diabetes- Normally we recommend 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), Heparin, Lovenox (enoxaparin) or other anticoagulants –call your Primary Care Physician or Cardiologist for instructions. Notify your gastroenterologist's office of the recommendations.

## **Directions and Parking**

**The GI Lab is located on the 4<sup>th</sup> Floor of the Logan Regional Hospital and Budge Clinic**

**Address: 1350 North, 500 East, Logan.**

## **Cancelation or Questions**

If you have questions please call **435-716-1260**. For cancelations we require 72 hours' notice or as soon as possible.

## **About Your Visit Time:**

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.

## **Confirming Appointment**

A GI Lab Nurse will be contacting you 1 week before your appointment to have pre-procedure questions answered. They will be calling at various times of day, no need to return their call they will contact you.

## **Questions regarding your prep**

If you have questions regarding your prep call our office at 435-716-1260. If after office hours or weekend please call 435-716-1000 and ask for the GI nurse on call.

**You will be receiving a phone call from Intermountain Health Care Pre-Registration Department. Toll free number for Registration 888-269-8674**

**If you need Financial Assistance call: 801-442-1023**

### **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 my deductible been met?

Your Insurance Provider may ask for these CPT Codes:

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

## **Three Days Before Your Colonoscopy**

- Avoid all foods and beverages that contain seeds i.e. strawberries, raspberries, etc.

## **Day Before Your Colonoscopy**

- **No Solid Food**
- Start the clear liquid diet all day (see clear liquid diet).
- Take anti-nausea medication (if prescribed) 30 minutes prior to taking each Colyte dose
- Start Colonoscopy Preparation at
- 6:00 pm mix **Colyte / Golytely / Nu-LYTELY** powder according to the directions on the container and drink 8 ounces.
  - Helpful Hint: The Flavor packets included with the powder do not usually cover the taste of the solution. You may mix the solution with ginger ale or another fluid to help with the flavor.
  - Drink 8 ounces of solution every 10 minutes until about  $\frac{1}{2}$  of the solution is consumed. Place remainder of solution into the refrigerator.
- Continue to drink clear liquids until you go to bed.
- It is recommended to 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**
- Beginning 5 1/2 prior to scheduled procedure take anti-nausea medication (if prescribed) 30 minutes prior to taking each colyte dose
- 2 GAS-X CHEWABLE TABLETS WITH LAST DOSE OF PREP
- Drink the remaining half of the **Colyte / Golytely / Nu-LYTELY** solution.
  - Drink 8 ounces every 10 minutes until the solution is gone.
- Your stool should be a clear yellow or green watery consistency once you have finished the prep. If your stool is not clear yellow or green watery consistency you need to call our office or the GI Lab.  
**Remember to keep drinking other clear liquids to continue the bowel cleansing process and to prevent dehydration.**
- You may drink as many clear liquids as you need up to (4) hours prior to your exam, but you **MUST NOT** take anything by mouth after that. And remember, **NO SOLID FOODS**.
- 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.

**Do not take more than the prescribed dose of Colyte / Golytely / Nu-LYTELY. If you feel the preparation is not working, notify the GI Lab or our office at 435-716-1260.**

**Clear Liquid Diet**

Propel, Gatorade or PowerAde are the preferred clear liquid (no red, orange or purple) Clear fruit juices, white grape juice and apple juice

Water

Kool-Aide (no red, orange or purple) Clear soup or bouillon

Popsicles (no red, orange or purple)

Tea or coffee without cream

Hard candies

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

Definition of a Clear Liquid Diet– if you can see through it you can drink it. If you are diabetic purchase diet or low calorie beverages.