



**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**
- **PLAN ON TAKING DAY OFF OF WORK/SCHOOL**

### **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.

## **Cancellation or Questions**

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

## **Interpreter Service**

If you need an interpreter provided, contact our office 435-716-2166

## **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



## **Colonoscopy Bowel Preparation Instructions**

### **Miralax**

**Please read ALL of these instructions carefully. The exam cannot be performed if your colon is not properly cleansed. If you have any questions after reading these instructions, please call our office at 435-716-1260**

#### **Five Days Before Your Colonoscopy**

**Purchase the following over the counter**

- One (1) 238g (14 days) bottles of Miralax powder or (polyethylene glycol 3350)
  - Two (2) quarts of Propel, PowerAde or Gatorade. Purchase more Propel, PowerAde or Gatorade for additional fluid intake. Diabetics should use low calorie Propel, PowerAde or Gatorade or similar liquid. Diabetics should check sugar content of all clear liquids
  - If you have constipation purchase one (1) 10 oz. bottle of Magnesium Citrate.
  - Your gastroenterologist may have prescribed an anti-nausea medication for you to pick up at your pharmacy. This will need to be taken one half hour prior to each Miralax dose.
- Stop herbs, vitamins, and oral iron supplements. Stop any anti-inflammatory medications. (Motrin, Ibuprofen, Advil). Tylenol and Celebrex (celecoxib) are okay to continue.
  - Contact your prescribing physician for instruction on dosage of blood thinner and or diabetic medications.

#### **Two Days Before Your Colonoscopy**

- You may eat a regular dinner, but stop eating solids after 7:00 pm. At this point in the prep if you have constipation drink the 10 oz. bottle of Magnesium Citrate. Thereafter you may continue to drink clear liquids only.

#### **Day Before Your Colonoscopy**

- No Solid Food
- Start the clear liquid diet all day (see clear liquid diet).
- Start colonoscopy Prep (see instructions below). Start the prep at 5:30 p.m. the day before the procedure and you should be finished by bedtime. Make sure you stay near a bathroom while you prep. **If you get nauseated during the prep, stop for one hour and then resume.** Colonoscopy preparation can be dehydrating, so make sure you drink plenty of additional clear liquids all day.
- You may apply a petroleum based product or diaper rash ointment to the rectal area to decrease discomfort from the frequent stools.

## **Colonoscopy Preparation Instructions**

### **Day before your Procedure 5:00-6:00 P.M.**

- Step 1: Mix ½ bottle of Miralax powder into one (1) quart Propel, PowerAde or Gatorade
- Step 2: Drink 1 glass (8 oz.) of the Miralax solution every 20 minutes until the entire quart is gone. (This should take about 2 hours or less) If you become nauseated stop for one hour then resume.
- Step 3: **Remember to keep drinking other clear liquids while you prep to prevent dehydration.**

### **Day of your Procedure**

- Step 5: Beginning 5 1/2 hours before you scheduled procedure time mix the remaining 1/2 bottle Miralax powder into one (1) quart Propel, PowerAde or Gatorade
- Step 6: Drink 1 glass (8 oz.) of the Miralax solution every 20 minutes until the entire quart is gone. (This should take about 2 hours or less).
- Your stool should be a clear yellow or green watery consistency once you have finished the prep. If your bowel movements are not clear yellow or green watery consistency you need to call our office. **Remember to keep drinking other clear liquids to continue the bowel cleansing process and to prevent dehydration.**

**If you feel the preparation is not working, notify our office at 435-716-1260**

**Day of Your Exam:** 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.**

**Nursing Mothers:** After receiving a narcotic anesthetic, you will need to pump and discard your milk twice before nursing your baby again.

### **Clear Liquid Diet (one day before exam)**

A clear liquid diet consists of clear liquids only. The diet is designed to be easily absorbed, with minimal digestive activity, while leaving as little residue in your colon as possible.

#### **Recommendations for Clear Liquid Diet**

Propel, PowerAde and Gatorade are the preferred clear liquids, use low-calorie if you are diabetic, (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 (can use honey, sugar or sweetener)

Hard candies, chewing-gum

Soda- 7-up, Sprite, Pepsi, Coke, Ginger ale, orange (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.**