



Budge Clinic
Gastroenterology
1350 North 500 East 4th floor
Logan, Utah 84341
Office: 435-716-1260 Fax: 435-716-1275

Preparing For Your Colonoscopy

What to Bring:

- Bring 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 1st screening or follow up. If you need assistance or have questions call our authorization coordinator at **435-716-1260**.
- 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.
- If applicable, bring your co-pay(s) you will have one co-pay 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 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 your Primary Care Physician or Cardiologist for instructions. Notify your gastroenterologist's office of the recommendations.

Directions and Parking

The GI Department is located on the 4th 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 435-716-5900

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 preprocedure 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

PLEASE REVIEW ATTACHED DOCUMENT REGARDING BILLING FOR YOUR COLONOSCOPY

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

our physician may have called in an anti-nausea medication for you.

SUPREP - INSTRUCTIONS FOR COLONOSCOPY

You will need to drink the entire Suprep laxative solution to clean your colon. You must complete the entire prep to ensure the most effective cleansing. **Please pick up your prescriptions one week prior to your procedure!** Purchase over the counter: 1 bottle 238 gram Miralax.

Two days before your colonoscopy:

Mix ½ bottle of Miralax powder into one (1) quart Propel, Powerade or Gatorade. Start at 5:30 P.M. and consume 1 glass (8oz.) of Miralax solution every 20 minutes until entire quart is gone. If you become nauseated stop for one hour then resume. Remember to keep drinking clear liquids while you prep to prevent dehydrations.

One day before your colonoscopy: Clear liquids **ONLY** throughout the entire day and for breakfast, lunch, and dinner. **DO NOT** eat any solid foods and **DO NOT** drink anything colored **RED, PURPLE or ORANGE**. Continue fasting from solid foods until after your procedure. **No fruits, vegetables, cookies, crackers, or frozen concentrated liquids. No Alcoholic Beverages.**

Clear Liquid Diet List (must be able to see through liquid):

- **BEVERAGES:** Water, soft drinks (Sprite, Ginger Ale), apple juice, white grape juice, white cranberry juice, Gatorade, coffee, tea (**NO MILK CREAMERS AND NO DAIRY PRODUCTS**).
- **SOUPS:** Chicken broth
- **DESSERTS:** Jell-O **without** added fruit or toppings, hard candies (example: Jolly Ranchers), popsicles (no sherbet or fruit bars) and nothing **RED, PURPLE or ORANGE**.

Evening before your Colonoscopy – Begin between 4:00 - 6:00 pm (1st Dose):

- **30 minutes before starting your bowel preparation take 1 anti-nausea pill (if prescribed)**
- Step 1: Pour ONE 6-ounce bottle of SUPREP liquid into the mixing container.
- Step 2: Add cool drinking water to the 16-ounce line on the container and mix.
- Step 3: Drink ALL the liquid in the container.
- Step 4: You **MUST** drink two (2) more 16-ounce containers of water over the next 1 hour. It is recommended to apply a petroleum based product or diaper rash ointment to the rectal area to decrease discomfort from the frequent stools.

Morning of your Colonoscopy (2nd Dose) - Please start second dose 5 ½ hours before your colonoscopy

- **30 minutes before starting your bowel preparation take remaining anti-nausea pill (if prescribed)**
- Step 1: Pour ONE 6-ounce bottle of SUPREP liquid into the mixing container.
- Step 2: Add cool drinking water to the 16-ounce line on the container and mix.
- Step 3: Drink ALL the liquid in the container.
- Step 4: You MUST drink two (2) more 16-ounce containers of water over the next 1 hour.

NOTE: You must finish drinking the final glass of water at least 4 hours before your colonoscopy. Nothing by mouth after that.

Helpful Hints for tolerating the SuPrep

- **Keep bottles refrigerated**
- **Mix with ice cold water**
- **Drink with a straw putting the straw towards the back of the throat to decrease taste**
- **Follow initial dose with 7-up/Sprite or Ginger ale. Then drink 2 cups of water**
- **If you feel the preparation is too sweet you may follow the dose with broth or tea.**

