

# COLONOSCOPY PREPARATION INSTRUCTIONS

## Patient Responsibility

Please check with your insurance company to fulfill any precertification requirements that you may have. Also, please be aware that there are some circumstances that may change the type of colonoscopy that is billed to your insurance. If a biopsy is done or a polyp is removed, **this may change a screening colonoscopy to a diagnostic colonoscopy**. This could result in higher out-of-pocket expenses. Please contact your insurance company for additional information.

Procedure Date: \_\_\_\_\_

## PURCHASE AT THE PHARMACY:

1. MiraLAX (PEG 3350), 238 g bottle can be purchased over the counter.
2. Dulcolax 5 mg (Bisacodyl), 4 tablets (over the counter).
3. One 60-64 oz Sugar free electrolyte drink. Example: Powerade, Body Armor, Propel, Gatorade Zero, or G2 Gatorade (**not regular Gatorade**). Any flavor of your choice, but **not red**.

## MEDICATIONS:

If you are taking prescription medications (including anticoagulant/antiplatelet), please discuss with your primary care physician which medications, if any, need to be held prior and/or taken the morning of the procedure.

### Medication Name - NSAID Medication

#### HOLD

#### RESTART

Advil/Motrin (Ibuprofen)	Hold 5-7 days if able	Day after procedure
Aleve (Naproxen)	Hold 5-7 days if able	Day after procedure
Celebrex (Celecoxib)	Hold 5-7 days if able	Day after procedure
Diclofenac (Voltaren)	Hold 5-7 days if able	Day after procedure
Excedrin	Hold 5-7 days if able	Day after procedure
Meloxicam (Mobic)	Hold 5-7 days if able	Day after procedure
Toradol (Ketoralac)	Hold 5-7 days if able	Day after procedure
Aspirin (325 mg or higher)	Hold day of procedure	Day after procedure
Aspirin (baby aspirin) - 81 mg	Hold day of procedure	Day after procedure

### Medication Name - Anticoagulants

#### Recommendations ONLY - patient needs to confirm hold with Prescribing MD

Eliquis (Apixaban)	Hold 48 hours	48-72 hours
Lovenox (Enoxaparin)	Hold 48 hours	48-72 hours
Pradaxa (Dabigatran)	Hold 48 hours	48-72 hours
Warfarin (Coumadin)	Hold 5 days (confirm INR $\leq$ 1.5 days prior)	Restart evening of procedure
Xarelto (Rivaroxaban)	Confirm with Prescribing MD	Confirm with Prescribing MD

### Medication Name - Antiplatelets

#### Recommendations ONLY - patient needs to confirm hold with Prescribing MD

Brilinta (Ticagrelor)	Hold 3-5 days	2-3 days
Plavix (Clopidogrel)	Hold 5 days	1 day

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# COLONOSCOPY PREPARATION INSTRUCTIONS (continued)

## **MEDICATIONS continued...**

### **Diabetic Patients:**

Please **do not take your morning dose of oral diabetic medication** the day of the procedure. If you are on insulin, please **take only one-half (1/2) of your usual morning insulin dose** on the day of the procedure.

### **GLP1 Medications for Weight Loss/Diabetic Patients:**

It is very important that you adhere to the medication holds for GLP1 medications. Due to the delay in gastric emptying, these medications can increase the risk of regurgitation and pulmonary aspiration during general anesthesia and deep or moderate sedation.

**For patients taking any of the following list medications** - Dulaglutide (Trulicity- Weekly), Exenatide extended release (Bydureon bcise- Weekly), Exenatide (Byetta- Twice Daily), Liraglutide (Victoza and Saxenda- daily), Lixisenatide (Adlyzin- Daily), Semaglutide (Ozempic and Wegovy- Weekly), Tirzepatide (Mounjaro- Weekly), Semaglutide (Rybelsus- Taken by mouth once daily)

- If you are taking a daily dosing of a GLP1 (usually orals), hold the medication the morning of the procedure and resume your regular schedule following the procedure.
- If you are taking a weekly dosing of a GLP1 (usually injectables), hold the medication for one week prior to the procedure and resume your regular schedule following the procedure.

**GLP1 Medication Dietary Instructions** - All patients who are receiving anesthesia and are on a GLP1 should be on a clear liquid diet for 24 hours prior to surgery. You may continue drinking clear liquids up until 4 hours before your procedure. Clear liquids include black coffee or tea, clear fruit juices (apple or white grape), broth or bouillon, non-red Jell-O, or essentially any fluid you can see through

## **TWO DAYS BEFORE THE PROCEDURE:**

Eat a low fiber diet. No fruits or vegetables, no whole wheat foods, no nuts, seeds or popcorn. No fiber supplements. Drink at least eight glasses of water during the day.

## **DAY BEFORE THE PROCEDURE:**

1. **Drink only clear liquids all day - no solid food as this will interfere with your examination.** Clear liquids include black coffee or tea (no cream or sugar), clear fruit juices (apple or white grape), broth or bouillon, non-red Jell-O or essentially any fluid you can see through.
2. **It is important that you drink as much fluid as you can throughout the day.**
3. Between 12 pm and 5 pm, the day before the test, take 4 (5 mg) Dulcolax (Bisacodyl) tablets by mouth.
4. One hour after taking Dulcolax (Bisacodyl tablets), begin drinking G2 Gatorade or Propel/MiraLAX solution. The solution is made by mixing 60-64 oz of G2 Gatorade or Propel with the entire bottle of MiraLAX. Either stir this in a large container or shake until dissolved.
5. Drink one eight-ounce glassful of the solution every 10-15 minutes until the solution is gone. You should finish within 2 hours of starting.
6. It is not uncommon to feel nauseated while drinking the prep. Drinking the prep cold may help with the taste. Try to finish the prep.
7. **You may continue drinking clear liquids up until 2 hours before your colonoscopy.** Clear liquids include black coffee or tea, clear fruit juices (apple or white grape), broth or bouillon, non-red Jell-O or essentially any fluid you can see through.

The bowel prep is very important. If you do not completely empty your colon, this will limit the quality of your examination and may potentially mean taking an additional prep and returning for another examination sooner than would otherwise be required.

If you have problems with constipation on a daily basis, the bowel prep may not work as well so we encourage you to start your bowel prep as soon as possible the day before the procedure. If you have not started having bowel movements by early evening, please call so additional instructions can be given.

## **DAY OF PROCEDURE:**

1. **You must be accompanied by a friend or relative to drive you home. All drivers must remain on site while your procedure is being performed.**
2. **Nothing to eat or drink 2 hours prior to your procedure.**
3. You will be given medication during the procedure that will make you sleepy.
4. The procedure takes about 30 minutes, but you will remain at the facility for about one hour after the procedure.
5. The most serious risks of the procedure are bleeding and perforation of the intestine. These are rare, but can be serious, and may require surgery to fix.
6. **Please bring a Photo ID.**

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# COLONOSCOPY PREPARATION INSTRUCTIONS (continued)

## ***DAY OF PROCEDURE continued...***

### **Hospital Standard of Practice:**

Do not smoke after noon the day before your procedure. Remove all makeup, including mascara and nail polish, before coming to the hospital. Dentures, partials, contact lenses, hearing aids and piercings may be removed prior to your procedure. **Please leave all valuables and jewelry at home.** You are required to have a responsible adult drive you home. **Bring a list of your current medications and supplements to the hospital with you, as well as your insurance cards and Photo ID.** If you are an insulin dependent diabetic, your physician may choose to make your appointment early in the day. If you develop a cold, fever, sore throat or any other illness, please notify our office before you come to the hospital. Your physician will decide if your procedure should be rescheduled. Firearms and weapons are prohibited on all ThedaCare premises except in your locked motor vehicle.

**If you have any questions or concerns, please do not hesitate to call our office at (920) 731-8131 or 1-800-574-3872.**

## **FOX VALLEY SURGICAL SPECIALISTS COLONOSCOPY INFORMATION**

Fox Valley Surgical Specialists has created this information to help you sort through some of the confusion that can be associated with billing your insurance for colonoscopy procedures.

### **Here are some helpful things to remember:**

1. There are some circumstances that may change the type of colonoscopy that is billed to your insurance company. **If a biopsy is done or a polyp removed, this may change a screening colonoscopy to a diagnostic colonoscopy. This could result in higher out-of-pocket expenses. Please contact your insurance company for additional information about your individual policy and how it will process each type of colonoscopy.**
2. **Fox Valley Surgical Specialists does not contact your insurance company prior to your procedure.** We ask each patient to be responsible for knowing his/her insurance company's guidelines and **following through with any precertification requirements.**
3. You will receive separate bills from your doctor's office and the facility where you had your procedure done. You may also receive a bill from the laboratory, pathology and/or anesthesiology. **Fox Valley Surgical Specialists can only provide you with information associated with our fees.**
4. **Your doctor cannot add, delete or change** a diagnosis (billing code) to facilitate better insurance coverage.
5. We are contractually and legally required to report **any and all** of our findings.
6. When your doctor dictates his operative note, **it is a binding, legal document** that **cannot be altered** for the sole purpose of coverage determination. **We ask each patient to understand and respect our responsibility to report his/her procedure completely and honestly to the insurance company.**

**If you do not have insurance coverage for your procedure,** please call to discuss our **fees and payment arrangements.** This is important to do **prior to your colonoscopy** to avoid any unexpected financial issues. If you have any additional questions regarding this information, **please contact The Fox Valley Surgical Specialists Business Office at: 920-731-8289, Monday-Thursday, from 7:00 am to 5:00 pm and Friday, from 7:00 am to 4:00 pm.**

***Thank you for choosing Fox Valley Surgical Specialists for your healthcare needs.***