

# **ENDOSCOPY PATIENT INFORMATION**

## **SCHEDULING**

Mountain Point Medical Center will be calling you to schedule your procedure. Occasionally the referral process requires a prior authorization from your insurance which may delay scheduling until approved by your insurance. You can expect to arrive between 6:30 a.m. and 12:30 p.m on the day of the procedure. One to two days prior to your procedure day, you will receive another call to review pre-operative instructions. If at any point there is an issue with your scheduled date, please contact us at 385-345-3404. Please leave a message if we are unable to answer and we will return your call as soon as possible.

## **PRE-PROCEDURE INSTRUCTIONS**

A nurse will review your chart and contact you prior to your procedure. At this time you will be given specific instructions regarding your regular medications. Please take ALL medications UNLESS otherwise instructed by the physician performing the procedure or the pre-procedural nurse.

Please refrain from drinking anything 2 hours before your arrival to the hospital. You may have sips of water the morning of your procedure with your medication(s). If you have a complicated medical history, you may be called by an anesthesia provider to review your medical information.

## **TRANSPORTATION**

It is important to have an adult driver with you. This person will need to be available within 20-30 minutes of a phone call from the discharging nurse or in the hospital ready to take you home when discharged. Due to the medication given for the procedure, you will be unable to leave the hospital by yourself, and it will not be safe for you to drive. If a driver is unavailable on the day of the procedure, your procedure will need to be rescheduled.

We look forward to seeing you at Mountain Point Medical Center for your upcoming procedure.

**Mountain Point  
Medical Center**

A Campus of Jordan Valley Medical Center

A STEWARD FAMILY HOSPITAL



### **Pre-Procedural Medication Instructions**

Continue taking all medications as prescribed with a sip of water the morning of your procedure unless instructed otherwise below or by your doctor.

Below are instructions for some specific medications. If you have questions about which medications to take or not take, please contact your doctor or the doctor doing your procedure at 385-345-3000.

If you take blood thinners – these medications require special consideration. If you take one of these medications make sure you have clear instructions from your doctor or the doctor doing your procedure about stopping or continuing these medications:

☒ Warfarin (Coumadin) - Most people take warfarin for a history of atrial fibrillation or a prior blood clot and can safely stop warfarin for 5 days prior to their procedure. If you take warfarin for a mechanical heart valve or have a history of stroke you need to find out from your physician what to do. Don't just stop it. If in doubt, please ask your doctor.

☒ Xarelto (Rivaroxaban), Eliquis (Apixaban), Savaysa (Edoxaban), or Pradaxa (Dabigatran) - These can generally be stopped 24 hours prior to your procedure. If in doubt, please ask your doctor.

☒ Plavix – Please ask your doctor.

☒ Aspirin- Please continue taking as prescribed.

If you are diabetic:

☒ Do not take any diabetes pills the day of surgery

☒ Do not take any Insulin the day of your procedure.

☒ Take one-half of your long-acting Insulin the night before your procedure

If you have high blood pressure or heart problems:

☒ Take all blood pressure and heart rate medications the morning of your procedure

If you take supplements:

☒ Do not take Valerian Root, Garlic, Ginger, or Ginkgo Biloba for one week prior to your procedure. These supplements can interfere with your sedation and cause bleeding.

☒ Do not take Iron pills for one week prior to your procedure

Do not take any recreational drugs, including MARIJUANA, for 24 hours prior to your procedure. These drugs can interfere with your sedation.

### **Colonoscopy Preparation options**

\*\*\*IF YOU HAVE ANY QUESTIONS ABOUT WHICH MEDICATIONS YOU SHOULD OR SHOULD NOT TAKE, PLEASE CONTACT MOUNTAIN POINT MEDICAL CENTER SURGICAL SERVICES AT 385-345-3404. \*\*\*

Both of our standard recommended colon preps are “split dose” preps. This means you take one-half of the prep the evening before your procedure and one-half the morning of. While we recognize that it is inconvenient to get up early to take a portion of your prep the morning of your procedure split dose preps consistently give better results.

**Option #1 Suprep** - This is a commercially available product that requires a prescription. It has been tested in clinical trials to be safe and usually effective. For most patients Suprep is tolerated better than other colon preparations. It is covered by some, but not all insurance companies. If you choose option 1 pick up the Suprep from your pharmacy a few days before your procedure.

**Day prior to colonoscopy:**

☒ Have only clear liquids on the day before colonoscopy. Avoid the following: red and purple liquids, milk, and alcoholic beverages.

☒ **Early in the evening prior to your colonoscopy pour the contents of one bottle of Suprep Bowel Prep Kit into the mixing container provided. Fill the container with water to the 16oz fill line, and drink the entire amount.**

☒ **Drink two additional containers filled to the 16oz line with water over the next hour.**

☒ Sometimes the preparation will start working right away, for others it may take a few hours – be prepared.

☒ You are encouraged to drink water and other clear liquids throughout the evening. This will help to avoid dehydration.

**Day of colonoscopy:**

☒ Have only clear liquids until after the colonoscopy. Avoid red and purple liquids, milk and alcoholic beverages. You may have clear liquids up to 2 hours before checking in for your procedure.

☒ **The morning of the colonoscopy you will need to complete drinking your prep by 4 hours prior to your colonoscopy. Therefore you will need to get up and start drinking your prep 5-6 hours prior to your scheduled procedure time.**

☒ **Pour the contents of the second bottle of Suprep Bowel Prep Kit into the mixing container provided. Fill the container with water to the 16oz fill line, and drink the entire amount.**

☒ **Drink two additional containers filled to the 16oz line with water over the next hour.**

☒ Complete all Suprep Bowel Prep Kit and required water at least 2 hours prior to your check in time

\*You may brush your teeth.

**NOTE:** It is extremely important to follow the preparation listed above so that the doctor will be able to have full visualization of your colon. Your colon must not have any stool in it. Inadequate preparation may cause the doctor to miss abnormalities and could necessitate rescheduling the examination.

**Option #2 (To be avoided by patients with kidney disease. If you are over 65 years of age, please confirm this option with the provider before purchasing)**

**Miralax prep** -This is done with a combination of products you can purchase over the counter without a prescription. For people whose insurance companies do not cover the majority of the cost of Suprep, this is a less expensive option. It also usually achieves very good results. For this option you will need to purchase:

- 238-gram bottle of Miralax powder
- 64-ounce bottle of sports drink such as Gatorade, Propel or PowerAde (no red or purple)
- Four 5mg bisacodyl (Dulcolax) tablets (20mg total)

In the late afternoon or early evening, example at 4 pm:

- **Take four 5mg bisacodyl tablet (20mg total)**
- Mix the entire bottle of Miralax in 64 ounces of sports drink, put the mixture in refrigerator

**Two hours after you take the bisacodyl:**

- **Drink one-half (32 ounces) of the above Miralax mixture over approximately 1 hour. A rate of 8 ounces every 15 minutes**
- Refrigerate the remaining half of the mixture
- Sometimes the preparation will start working right away, for other it may take a few hours – be prepared.
- Continue to drink lots of water and other clear liquids throughout the evening. This is important to achieve an adequate prep and avoid dehydration.

**The morning of your colonoscopy, at least 5 hours prior to your procedure time:**

- Drink the remaining Miralax mixture over the next hour
- **Continue drinking clear liquids until 2 hours prior to your check in time**

\*You may brush your teeth

**NOTE:** It is extremely important to follow the preparation listed above so that the doctor will be able to have full visualization of your colon. Your colon must not have any stool in it. Inadequate preparation may cause the doctor to miss abnormalities and could necessitate rescheduling the examination.

**You will need to have someone to drive you home following your procedure. If you do not have someone who can drive you home, your procedure will be cancelled.**

The procedure takes approximately 45 minutes, but plan to be at the hospital for approximately 2 1/2 hours.

**Clear liquid diet**

Definition:

A clear liquid diet consists of clear liquids, such as water, broth, and plain gelatin that are easily digested and leave no undigested residue in your intestinal tract.

Purpose:

A clear liquid diet is often used before tests, procedures or surgeries that require an empty stomach or intestines, such as before colonoscopy.

**Diet details:**

A clear liquid diet helps maintain adequate hydration, provides some important electrolytes, such as sodium and potassium, and gives some energy. The following foods are allowed in a clear liquid diet:

- Plain water
- Fruit juices without pulp, such as apple juice, white grape juice or cranberry juice
- Strained lemonade or fruit punch
- Broth (bouillon or consommé)
- Clear sodas or sports drinks
- Plain gelatin
- Honey
- Ice pops without bits of fruit or fruit pulp
- Tea or coffee with no cream

Any foods not on the above list should be avoided. You should also avoid liquids with red or purple coloring.

A typical menu on the clear liquid diet may look like this:

**Breakfast:**

One glass fruit juice

One glass water

One cup broth

One bowl gelatin

**Snack:**

One cup coffee or tea (without cream or sugar)

One bowl gelatin

**Lunch:**

One glass fruit juice

One glass water

One cup broth  
One bowl gelatin

**Snack:**

One ice pop (without fruit pulp)  
One cup coffee or tea (without cream or sugar) or soft drink

**Dinner:**

One cup juice or water  
One cup broth  
One bowl gelatin  
One cup coffee or tea