

## Instructions for Taking Your Colonoscopy Prep

- ◆ You will not know your arrival/check-in time until 1-2 days prior to your scheduled procedure date. Please make sure that your voicemail box is set up & that it isn't full. Please make sure you check your messages so that you don't miss important information.
- ◆ You must have a responsible person 18 years or older to escort you to and from the facility.
- ◆ You will need to be on a clear liquid diet the whole day before your scheduled procedure date. Clear liquids are okay for up to 3 hrs. before your procedure arrival time.
- ◆ Make sure to take the WHOLE prep. We prefer that you follow these instructions instead of the instructions on the box of your prescription.

### **3-4 DAYS PRIOR TO YOUR PROCEDURE – Fill your bowel prep prescription**

- The prescription will be sent to your pharmacy. You will need to pick it up.
- If the pharmacy is out of the prescription we sent or your insurance will not cover the cost, the pharmacy can substitute another prep kit. This information is included with the prescription that we send to your pharmacy.

### **3 DAYS PRIOR TO YOUR PROCEDURE - Discontinue any blood thinning medications**

- Aspirin, Motrin, Ibuprofen, Diclofenac, Mobic, Excedrin, Aleve, etc. should be discontinued. Tylenol products are not restricted.
- If you are on Coumadin, Plavix, Eliquis, Pradaxa, Xarelto, Savaysa, Prasugrel, Brilinta, Cilostazol, Aggrenox etc. prescribed by a physician, you ***MUST call the prescribing physician*** to ensure it is safe to discontinue prior to your procedure and follow their instructions.

### **2 DAYS PRIOR TO YOUR PROCEDURE – Start a low residue diet and increase fluid intake**

- If you are having constipation, take a laxative (Ex-lax, Senna or Miralax) for 2 days before your procedure.
- **DO NOT EAT:** Whole grain breads/pastas, corn bread, strong cheese, yogurt containing fruit skins or seeds, raw vegetables, tough meat, highly spiced foods/dressings, pepper, millet, buckwheat, flax oatmeal, popcorn, nuts, crunchy peanut butter, chocolate; coconut; beans; broccoli; dried fruit; berries; figs; prunes; or any juices containing pulp.
- **DO EAT:** White bread; dry cereals; white rice; refined pasta; well cooked vegetables (without skins, seeds, or pulp); tender; ground; well-cooked meat (including fish); eggs; creamy peanut butter; milk; mild cheese, butter, mayonnaise; plain gravies/dressings; broth and strained soups; carbonated beverages; tea; clear, pulp-free juices; black coffee.

### **1 DAY BEFORE YOUR PROCEDURE – A CLEAR LIQUID DIET all day and start your prescription bowel prep IN THE EVENING**

- **\*\*NO DAIRY, PULP, OR ANYTHING RED, BLUE, PURPLE, OR ORANGE\*\***
- You CAN have water, clear broth/bouillon, coffee or tea (no cream), Gatorade, Propel, soda, fruit juices with no pulp, Jell-O, popsicles, and hard candies.
- ***PLEASE KEEP YOURSELF HYDRATED*** by drinking at least 8 glasses of water throughout the day.

### **DAY OF YOUR PROCEDURE-**

- Don't drink anything for at least 3 hrs. before your scheduled appointment time.
- Come with someone (18 yrs or older) to drive you home.
- Make sure to arrive at your assigned time.

If you have questions concerning your prep instructions, you can reach our office during regular office hours (M-Th 8 am-5 pm & F 8:30 am-2 pm) at Ph# 801-776-7131. Or **text** your specific provider's medical assistant at the following #: **Dr. Poole # 385-888-7781 or Dr. Redd # 385-492-6633. For after-hours questions, you will need to call # 801-625-3170 & speak to the on call provider.**

## Further Procedure Information

**DIFFERENT BRANDS OF PREP KITS AND THEIR INSTRUCTIONS: *\*\*DO NOT follow the directions that come on the box of your prescription- Instead follow these directions\*\****

- Start your 1<sup>st</sup> dose of prep between the hours of 5:00 PM - 8:00 PM
- Start your 2<sup>nd</sup> dose of prep 5 hours before your scheduled arrival time
- Drink lots of clear liquids before starting & during your prep. Stop liquids 3 hrs. before your procedure start time.
- **Sutab:** You will have 2 bottles containing 12 tablets each.
  - 1<sup>st</sup> dose: Between 5 pm -8 pm the evening before your procedure, fill the provided liquid container with 16 oz of water (fill line). Open one bottle of tablets and swallow 1 tablet every 1-2 minutes. You should finish the 12 tablets & the entire 16 oz of water within 20 minutes. Over the next 2 hours, continue drinking additional water (32 oz minimum).
  - 2<sup>nd</sup> dose: 5 hours before your scheduled arrival time, repeat the steps above, including drinking additional water (32 oz minimum). You may continue clear liquids until 3 hours prior to your arrival time.
- **Suprep:** You will have two 6 oz bottles.
  - 1<sup>st</sup> dose: Between 5pm -8 pm the evening before your procedure: Combine 1 bottle & 16 oz. (minimum) clear liquid (water, Sprite, Ginger Ale, etc) in the included mixing container. Drink over the next 30 min. Drink an additional 32 oz (minimum) over the ensuing 1-2 hours.
  - 2<sup>nd</sup> dose: 5 hours before your scheduled arrival time, repeat dose 1 with the second bottle. You may continue clear liquids until 3 hours prior to your arrival time.
- **Plenvu:** You will have 3 packets,
  - 1<sup>st</sup> dose: Between 5 pm -8 pm the evening before your procedure: mix packet A (dose 1) in the included mixing container with at least 16 oz of fluid (water, Sprite, Ginger Ale, etc.) & drink over 30 min (or more). Drink an additional 16 oz (minimum) over the next 30 min.
  - 2<sup>nd</sup> dose: 5 hours before your scheduled arrival time, mix packet A (dose 2) & packet B (dose 2) in mixing container with at least 16 oz of fluid & drink over 30 min. Drink an additional 16 oz (minimum) over the next 30 min. You may continue clear liquids until 3 hours prior to your arrival time.
- **Clenpiq:** You will have 2 ready-to-drink bottles.
  - 1<sup>st</sup> dose: Between 5pm -8 pm the evening before your procedure: drink all of 1 bottle. Over the next 2-3 hours, drink an additional 40 oz. of clear liquid (five- 8 oz. cups).
  - 2<sup>nd</sup> dose: 5 hours before your scheduled arrival time, repeat dose 1 with second bottle and drink an additional 24 oz. (3, 8 oz. cups). You may continue clear liquids until 3 hours prior to your arrival time.
- **Gallon Preps:** Mix all of the prep according to the included instructions & refrigerate.
  - Between 5 pm -8 pm the evening before your procedure, drink ½ of the entire prep over 1-2 hours. Drink any additional liquid recommended by the instructions before dose2.
  - 5 hours before your scheduled arrival time, drink the second ½ of the entire prep over 1-2 hours. Drink any additional liquid recommended by the instructions by 3 hours prior to your procedure. You may continue clear liquids until 3 hours prior to your arrival time.

To avoid nausea with any of the preps:

- Chill the prep
- Drink the prep through a straw
- Sip Ginger Ale, Gatorade, or Sprite between doses
- Suck on ice chips to numb your taste buds
- Alternate what you are drinking (mouthful of prep then a mouthful of a different liquid and repeat)
- Stop for one hour & then resume. You will need to finish all the prep.
- You may take **DRAMAMINE** if nausea develops while taking prep. This is an over-the-counter medication and should be taken as directed.



**NOTE** Oral laxatives may cause mild cramping, bloating or nausea. Always stay near a bathroom while using a prep product. "Cleansed out" looks like clear, yellowish, liquid stools. If your bottom gets sore during the prep, you can use baby wipes, Vaseline, or Desitin for relief.

### **TRANSPORTATION**

To ensure your comfort, IV sedation is given for this exam. You must have a responsible companion, family member, or friend 18 years of age or older to escort you to and from the facility and stay with you for several hours after your procedure. You **MAY NOT** go home alone in a taxi, shuttle van, or bus as these drivers will not be responsible for you. If you receive the IV sedation, you **MAY NOT DRIVE** until the following day.

### **HEALTH CONCERNS**

- **Diabetic Patients:** please contact your primary doctor for diet and medication instructions and ensure Utah Digestive Health is aware so we can adjust your procedure time accordingly. Test your blood sugar before coming in for your procedure & bring the reading with you.
- **Are you pregnant?** Bowel cleansing products have not been researched or tested on pregnant women. Please discuss risks with your OB/GYN.
- **All other medications:** You can take blood pressure and seizure medications the day of your exam with water. **DO NOT** take your other regular medications the morning of your procedure unless you have okay'd it with your physician.

### **BILLING INFORMATION**

If you have had a colonoscopy previously and polyps were removed and you are now scheduled for another colonoscopy, your insurance may not cover this as a screening benefit. We will be accurately documenting all patient medical history and current findings. It is important that you contact your insurance company to find out how they cover a colonoscopy if you have had a history of polyps in the past.

For this procedure, there will be several different billings.

- Physician
- Facility
- Anesthesia
- Pathology (lab & review of biopsies -the pathologist)