



Colonoscopy Prep Instructions for Extended Two-Day Prep

A colonoscopy examination requires a laxative bowel prep before the procedure to make sure the colon is cleaned out and the physician can see any polyps. By the end of your bowel prep, your stool should be liquid, either clear or yellow in color. If you do not complete your prep or your stool stays brown, your exam may need to be rescheduled to prevent missed polyps.

Please read and follow the instructions in this packet. If you have any questions, please contact our office.

- ✓ Pick up your prescription from the pharmacy as soon as possible and store it in a cool, dry location with these instructions.
 - ✓ Plan for your driver to go with you on the day of the procedure, to stay at the facility during the procedure, and to drive you home after the procedure. If you do not have a driver with you, your procedure will be canceled. Due to sedation and safety concerns, we cannot allow you to take a ride-share, a taxi, or public transportation home.
 - ✓ Remember to talk with your physician about any medications you are taking. You may continue taking aspirin or NSAIDS such as Advil or Ibuprofen, unless otherwise instructed by your physician.
 - ✓ There are no additional instructions if you are having an upper endoscopy at the same appointment.
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Special Instructions for Patients with Certain Medical Conditions or Medications

If you have kidney disease, are pregnant, or think you may be pregnant, please discuss the risks and benefits of this procedure with your physician. There may also be modifications to your diet or medication regimen.

Blood Thinners

(Examples: Plavix, Pradaxa, Brilinta, Eliquis, Xarelto, Warfarin, Lovenox, etc.)

You will need clearance from your cardiologist or other medical provider to stop these medications before your procedure. We will contact you with instructions once we receive them from your prescribing provider. If you do not stop these medications, there is a risk of bleeding when removing polyps.

Glucagon-Peptide or Semaglutide Medications

If you are on Glucagon Peptide medications like Trulicity (dulaglutide), Wegovy (semaglutide), Ozempic (semaglutide), Rybelsus (tirzepatide), or Mounjaro (tirzepatide) and more, you will need to hold your medicine. If you take a weekly injectable, please hold your medication for at least seven (7) days before your procedure. If you take oral medication daily, please hold your medication the day before your procedure and the day of your procedure.

Diabetes

Please call your prescribing doctor to inform them that you are having a colonoscopy examination. Ask for instructions about whether your diabetic medication doses need to be adjusted during your bowel prep and on the day of your procedure.

Please call our office at 804-330-4021 if you have any questions about your procedure.

HELPFUL HINTS FOR A SUCCESSFUL PREP

- ★ If you didn't pick up prescription after scheduling, make sure to pick up your prep prescription no later than 1 week before your appointment to ensure it's in stock and to prevent insurance coverage issues.
- ★ **HYDRATION!** Begin hydrating before you start the prep and follow your healthcare provider's instructions. You must drink all the liquids recommended to have a successful prep. Not doing so may result in the physician not being able to fully examine your colon.
- ★ Refrigerate your prep solution ahead of time! It's easier to drink when cold. Not all preps can be refrigerated so make sure to double-check.
- ★ Use a straw to drink the prep solution.
- ★ It is very important to drink as much of the prep as you can in order to clear the bowels and be able to get the procedure completed. If you begin to feel nauseated while drinking the prep, just slow down your drinking and continue the best you can. This symptom should pass once you begin to evacuate your bowel. The goal is to complete the prep, if it takes you a bit longer than the instructions direct, it takes a little longer. The important thing is to finish the prep. Your procedure may be cancelled or re-done if your prep is not satisfactory.

5 – 7 DAYS BEFORE YOUR COLONOSCOPY

- ✓ Begin a low-fiber diet. Avoid raw vegetables, lettuce, small seeds, nuts, and corn. Some examples of a low-fiber diet include:
 - Most canned or well-cooked vegetables and fruits without skins or seeds
 - Lean meats such as chicken, turkey, pork, seafood, and tofu
 - Breads and grains made with refined white flour without nuts or seeds (including rolls, muffins, bagels), Pancakes or waffles made from white refined flour
 - Refined hot cereals, such as Cream of Wheat, or cold cereals with less than 1 gram of fiber per serving
 - White crackers, such as saltines
 - White rice
- ✓ Stop taking iron, including multivitamins that have iron.

CLEAR LIQUID DIET



Tip: We recommend adding reminders or alarms on your cell phone to keep track of what you need to do and at what time.

- Electrolyte replacement drinks like Gatorade, Pedialyte, or Powerade
- Carbonated drinks, like sodas or non-alcoholic seltzers
- Clear broth or bouillon – any type
- Black coffee or tea (no milk or dairy creamers), hot or iced
- Kool-Aid or other fruit-flavored drinks
- Strained fruit juices (no pulp)
- Jell-O, popsicles, hard candy



- **No red products due to dyes**
- **No alcohol**

GOLYTELY INSTRUCTIONS

Preparation Instructions:

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| You will need: | • Two (2) Golytely kits (PEG-3350) – prescription sent to pharmacy on file |
| | • Two (2) Gas-ex (simethicone) tablets – available over the counter |

Mix the prep solution with water per the instructions on the bottle. You can add lemon Crystal Light flavoring if you want to help with flavor. Once mixed, refrigerate the solution until time to start.

TWO DAYS BEFORE COLONOSCOPY

You can have a light breakfast (like toast or eggs, no cereals, fruits, seeds, or meat)

For remainder of the day you will be on clear liquids all day – **no solid food**.

Beginning at 6:00 p.m., mix the first Golytely kit with water to the fill line.

Start drinking the first 2 liters of the solution. Drink an 8 oz. glass every 15 minutes until done. You should finish no later than 10:00 p.m.

THE DAY BEFORE YOUR COLONOSCOPY

At noon, begin drinking the rest of the 2 liters. Drink an 8 oz. glass every 15 minutes until done.

Beginning at 6:00 p.m., mix the second Golytely kit with water to fill line.

Take one of the Gas-ex tablets.

Start drinking the first 2 liters of the solution. Drink an 8 oz. glass every 15 minutes until done. You should finish no later than 10:00 p.m. Save the remaining 2 liters for the next day.

THE DAY OF YOUR COLONOSCOPY

Beginning 6 hours before your appointment time, take the other Gas-ex tablet.

Begin drinking the remaining 2 liters of the solution. Drink an 8 oz. glass every 15 minutes until done. You need to be finished 4 hours before your appointment.

SUPREP INSTRUCTIONS

Preparation Instructions:

You will need: Two (2) Kits of SUPREP Bowel Prep – prescription sent to pharmacy on file

TWO DAYS BEFORE COLONOSCOPY

You will be on a clear liquid diet for the entire day. No solid food.

Beginning at 4:00 p.m., Pour one (1) 6-ounce bottle of SUPREP into the mixing container or other 16-ounce cup. Add cool water to fill line and mix. Drink the entire mixture. You must drink two (2) more 16-ounces of clear liquids of your choice over next hour.

At 7:00 p.m., repeat the process with second bottle. Pour one (1) 6-ounce bottle of SUPREP into the mixing container or other 16-ounce cup. Add cool water to fill line and mix. Drink the entire mixture. You must drink two (2) more 16-ounces of clear liquids of your choice over next hour.

THE DAY BEFORE YOUR COLONOSCOPY

You will be on a clear liquid diet for the entire day. No solid food.

Beginning at 5:00 p.m., Pour one (1) 6-ounce bottle of SUPREP into the mixing container or other 16-ounce cup. Add cool water to fill line and mix. Drink the entire mixture. You must drink two (2) more 16-ounces of clear liquids of your choice over next hour.

THE DAY OF YOUR COLONOSCOPY

Five (5) hours before your appointment time, pour one (1) 6-ounce bottle of SUPREP into the mixing container or other 16-ounce cup. Add cool water to fill line and mix. Drink the entire mixture. You must drink two (2) more 16-ounces of clear liquids of your choice over next hour.

You cannot have anything by mouth four (4) hours before your procedure.

REMINDERS

- ✓ Confirm your driver knows what time you need to arrive for registration. They should expect to be at the facility for 2-3 hours. If you do not have a driver, your procedure will be canceled. You cannot take public transportation, taxis, or use ride-share services like Lyft or Uber without being accompanied by an adult.
- ✓ You must finish all the prep solution, even if you are passing clear liquid.
- ✓ Take your normal medications with a small sip of water. You will need to arrive ahead of your appointment time for registration. The arrival time depends on where your procedure is scheduled. The arrival time is included in your appointment information.
- ✓ Please dress comfortably and leave valuable items at home or with your driver.
- ✓ Continue to hydrate until 4 hours before your appointment arrival time! **You cannot drink anything starting 4 hours before your arrival.**

If you must CANCEL or RESCHEDULE your Colonoscopy for any reason, please notify us at least forty-eight hours in advance. Cancellations with less than forty-eight business hours' notice will result in a fee of \$250.

Follow your specific bowel prep instructions listed below – if you have any questions, please contact our office as soon as possible

COLONOSCOPY: WHAT YOU NEED TO KNOW ABOUT INSURANCE AND BILLING

The Affordable Care Act, passed in March 2010, allows for certain preventative services, such as colonoscopies, to be covered at no cost to the patient under most insurance plans. **However, there are strict guidelines that address circumstances under which a colonoscopy is considered preventative.** This means that sometimes a procedure will be viewed by an insurance carrier as diagnostic when a patient is under the impression that it was preventative (screening).

You might be entitled to a different level of benefits under your insurance policy for diagnostic services than for preventative services. Some insurance carriers require patients with gastrointestinal histories to meet a deductible and/or make a copayment.

We encourage you to contact your insurance carrier before your procedure. To help you understand which type of colonoscopy best describes your procedure, please review the information below.

Colonoscopy Categories:

Diagnostic/Therapeutic Colonoscopy: The patient has past and/or present gastrointestinal symptoms, polyps, GI disease, iron deficiency anemia, and/or any other abnormal tests.

Surveillance/High Risk Screening Colonoscopy: The patient is asymptomatic (no gastrointestinal symptoms either past or present), and has a personal history of GI disease, colon polyps, and/or cancer. Patients in this category are required to undergo colonoscopy surveillance at shortened intervals (every 2-5 years, for instance). Many insurance companies classify this service within the diagnostic category of the plan benefits. Consequently, patients may be responsible for meeting their plan's deductible and/or coinsurance requirements.

Preventive Colonoscopy with Screening Diagnosis: The patient is asymptomatic (no gastrointestinal symptoms either past or present), over the age of 45, and has no personal or family history of GI disease, colon polyps, and/or cancer. The patient has not undergone a colonoscopy within the last 10 years.

Your primary care physician may refer you to our practice for a "screening" colonoscopy, but you might not qualify for the "screening" category. This is determined by the physician before your procedure. The determination is based on past medical history, current symptoms, and/or information obtained from a referring physician. ***Before the procedure, you should know your colonoscopy category.*** After establishing the type of procedure that you are having, you should contact your insurance carrier to determine if your procedure will be covered and what your out-of-pocket expense will be. It is important to be specific in an inquiry to your insurance carrier. The diagnosis code and procedure code can be obtained from the physician's clinical care team if necessary.

After your procedure, any diagnosis code your provider(s) documents in your medical record is part of the legal medical record and cannot be altered for the sole purpose of receiving more favorable coverage from your insurance plan.

If you have any questions or concerns regarding your insurance benefits and coverage, please contact your insurance carrier.

Our billing office can be reached at (804) 330-4901. We are happy to assist in reviewing coverage and benefit information provided by your insurance carrier.