

Sioux Center Health Colonoscopy Preparation Handbook

Inside you will find:

- How to prepare for your colonoscopy.
- Frequently asked questions.
- Useful information regarding colonoscopy.



Sioux Center Health
An Avera Partner

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About this Handbook

You are about to undergo a colonoscopy. This handbook will help you get ready. We know it can be challenging to get ready for a colonoscopy. We also know that Colonoscopy can find cancer and save lives by finding and removing polyps. You may have questions about the test and the preparation. This handbook should answer your questions, if after you have read this handbook there are still questions please do not hesitate to call us at (712) 722-1271.

About Getting Ready

The MOST IMPORTANT thing you can do is to empty out your colon by following the diet prescribed in this handbook and taking the “bowel prep” medications. We want to help you get ready. If you come in with your colon properly cleaned out, then we will be able to perform the test safely and thoroughly as well as avoid the risk and inconvenience of asking you to come back and repeat the test.

Help Us Help You!

If you follow these instructions, then you'll give us the best chance of doing it right the first time and decrease the chance of missing something important.

The Affordability Care Act & Colonoscopy

What change have been made in health care coverage related to colonoscopy?

- Under the Affordability Care Act, screening colonoscopies are now fully covered by Medicare and many private insurers. Patients will still be responsible for co-insurance or some out of pocket cost if the colonoscopy is a diagnostic rather than screening procedure.

What is the difference between a screening and diagnostic colonoscopy?

- A screening colonoscopy is a procedure done for a patient who has no symptoms of colon cancer. A family history of polyps or colon cancer may also indicate a diagnostic colonoscopy with some commercial insurers.
- A diagnostic colonoscopy is performed on patient to investigate occurring symptoms, such as blood in stools or change in bowel movements.

Can a patient go in for screening colonoscopy but then have to pay for a diagnostic procedure?

- YES. Even if the patient has no symptoms, the procedure will be classified as a diagnostic colonoscopy if a polyp is found and removed. Furthermore other findings that would necessitate the need for a biopsy may be classified as diagnostic as well.
- The good news is if that occurs the procedure may have prevented the patient from getting colon cancer.

How much the patient typically have to pay for diagnostic colonoscopy?

- Medicare patients would be responsible for the standard 20%: co-insurance.
- For patients with private insurance, out-of-pocket cost will vary depending on the plan.

What kind of symptoms could cause a colonoscopy to be classified by an insurance plan as "diagnostic"?

- It will vary depending on the health care plan, but could include hemorrhoids, changes in bowel habits, abdominal pain, or rectal bleeding. If a physician uses a diagnosis of family history, some commercial payers may also processor claim as a diagnostic colonoscopy.

Who should a patient call to determine how much of the colonoscopy will be covered?

- Patients should contact their insurance plan or benefits administrator directly.
- Our office can help you with the specific diagnosis code and procedure code.

Who will I receive a statement from?

- Your doctor who performs the procedure.
- The facility where you had your procedure done. This is separate from the doctors fee.
- If you have a polyp removed or a biopsy done you will receive a statement from the pathologist or lab. This is also separate from the doctors fee.
- If you have anesthesia from another provider they will also send a statement.

Scheduling

Colonoscopy Date: _____

Colonoscopy Time: _____

- Before 10 am
See page 6 for bowel preparation instructions.
- Between 10 am and 1 pm
See Page 7 for bowel preparation instructions.
- After 1 pm
See page 8 for bowel preparation instructions.

Arrival Time: _____

- You need to arrive 1 hour prior to your colonoscopy time to allow time for checking in and getting prepared for your procedure.

Location: Sioux Center Health, 1101 9th St SE, Sioux Center, IA 51250

Colonoscopy Checklist

Before you start

- Read this entire handbook carefully.
- Make sure you have all the supplies you need.
- If needed, talk to physicians about your medications.

Two days before your colonoscopy

- Review your preparation instructions.
- Confirm your transportation.
- You must not eat any nuts or seeds.

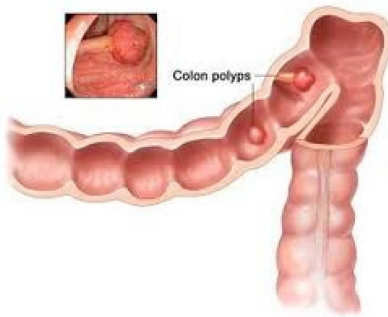
One day before your colonoscopy

- Follow the diet instructions.
- Follow the bowel preparation instructions.

Day of your colonoscopy

- Follow directions for diet and bowel preparation.
- Report for your colonoscopy as instructed.

Why Should I have a Colonoscopy?



Your colon, like other parts of your body can get cancer. There is no single cause for colon cancer, but nearly all colon cancers begin as non-cancerous polyps. A polyp is a small growth on the surface of your colon that can turn into cancer. Removing polyps may prevent you from getting colon cancer. If polyps have already become cancerous, catching them early increase your chance of surviving or being cured of colon cancer.

You may be at higher risk for colon cancer if:

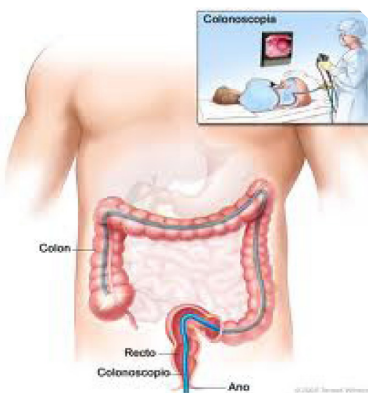
- You are older than 50 (45 for African Americans).
- You have a family history of colon cancer or polyps.
- You have had polyps before.
- Someone in your family has had polyps.

You may also be more likely to get colon polyps if you:

- Eat a lot of fatty foods
- Smoke
- Drink Alcohol
- Do not exercise
- Are overweight

How Does a Colonoscopy Work?

The purpose of colonoscopy is to look inside your colon for polyps, cancers, ulcers and other conditions. It is important to get a colonoscopy to test for colon cancer once you are 45-50 years of age or older since the disease usually has no symptoms.



The procedure will start out with a rectal exam. The colon is then filled with air to allow a clear look in the colon. The endoscope will then pass through your anus and into the colon. The endoscope is a thin flexible tube with a light and camera at the tip. Images are transferred to a TV monitor. As we look through your colon we are looking for polyps, cancer, or other abnormalities. If we find polyps we can usually remove them at the time of your colonoscopy. If there are other abnormalities found during your colonoscopy a biopsy will be performed.

FAQ About Your Medications

You may be asked to stop certain medications before your colonoscopy. If you are taking any of the medications below, please talk to your doctor about how to safely change your medication routine. Make sure to talk to the doctor who prescribed your medication before stopping or starting any medication.

FAQ ABOUT YOUR MEDICATIONS

What if I take any type of blood thinning medications?

- Coumadin (Warfarin, Jantoven): Stop taking it 5 days prior to your procedure. You may need to have a Lovenox bridge, please discuss this with your primary care provider.
- Aspirin: Stop taking it 6 days prior to your procedure.
- Pradaxa (Dabigatran): Stop taking it 3 days prior to your procedure.
- Eliquis (Apixaban), Xarelto (Rivaroxaban), or Savaysa (Edoxaban/Lixiana): You will need to stop taking it 2 days prior to your procedure.
- Clopidogrel (Plavix), Effient (Prasugrel), or Brilinta (Tricagrelor): you will need to stop taking it 6 days prior to your procedure.

What if I take fish oil?

STOP taking fish oil two days before your colonoscopy. You will continue these medicines after the test, unless directed by your doctor.

What if I take any type of diabetic medication?

- Oral medication: Do not take the morning of your procedure.
- Short acting insulin: Do not take the morning of your procedure.
- Long acting insulin:
 - If taken at night take half of normal dose
 - If taken in the morning do not take the morning of the procedure.

What if I take blood pressure medicine?

If you take any medication to control your blood pressure, continue to use as prescribed.

If you have any questions regarding you medications, please call your physician.

Colonoscopy Before 10 AM

ONE DAY Before your Colonoscopy

What You Eat:

You must not eat any solid food the day before your colonoscopy. You may only eat a clear liquid diet. Go to pages 9-10 for things you can eat or drink.

What You Drink:

You must only drink clear liquid for breakfast, lunch and dinner. Be sure to drink at least 12 tall glasses (about 10-12 ounces) of clear liquids throughout the day in addition to what you have to drink with your bowel prep.

Taking Your Prep:

Make sure you have the following and follow directions.

- Sports Drink (64 ounces)



- Dulcolax Tablets (4 tablets)





- Miralax (14 dose size)



Your Calendar:

One Day Before Your Colonoscopy

Time Of Day	What You Eat	What You Drink
Morning 	Clear liquid diet for breakfast. NO solid food	Drink at least 4 large glasses of clear liquids
Afternoon 	Clear liquid diet for lunch. NO solid food	Drink at least 4 large glasses of clear liquids

4 - 6 pm

- Take 2 Dulcolax tablets
- Reserve the bathroom
- Consider using Aloe wipes
- Use Vaseline or A&D ointment to perianal skin

5 - 7 pm

- Mix 1/2 bottle of Miralax (7 doses) with 1/2 of the Sports drink (32 ounces)
- Drink 8 ounces every 20 minutes until gone

Evening



- | | |
|---|---|
| Clear liquid diet for dinner. NO solid food | Drink at least 4 large glasses of clear liquids |
|---|---|

8:30 - 10:30 pm

- Take 2 more Dulcolax tablets
- Mix remaining 1/2 bottle of Miralax (7 doses) with the other 1/2 of the Sports drink (32 ounces)
- Drink 8 ounces every 20 minutes until gone

STOP CLEAR LIQUIDS 3 HOURS PRIOR TO COLONOSCOPY

Colonoscopy Between 10 AM - 1 PM

What You Eat:

Eat a light breakfast the day before your colonoscopy. Example of the light breakfast is: 1 slice of white toast and 1 egg. You must not eat any solid food after noon the day before your colonoscopy. You may only eat a clear liquid diet. Go to pages 9-10 for things you can eat or drink.

What You Drink:

You must only drink clear liquid for lunch, dinner and breakfast. Be sure to drink at least 12 tall glasses (about 10-12 ounces) of clear liquids throughout the day in addition to what you have to drink with your bowel prep.

Taking Your Prep:

Make sure you have the following and follow directions.

- Sports Drink (64 ounces)



- Dulcolax Tablets (4 tablets)




- Miralax (14 dose size)



Your Calendar:

One Day Before Your Colonoscopy

Time Of Day	What You Eat	What You Drink
Afternoon 	Clear liquid diet for lunch. NO solid food	Drink at least 4 large glasses of clear liquids

4 - 6 pm

- Take 2 Dulcolax tablets
- Reserve the bathroom
- Consider using Aloe wipes
- Use Vaseline or A&D ointment to perianal skin

Evening


Clear liquid diet for dinner. NO solid food

Drink at least 4 large glasses of clear liquids

6:30 - 8:30 pm

- Mix 1/2 bottle of Miralax (7 doses) with 1/2 of the Sports drink (32 ounces)
- Drink 8 ounces every 20 minutes until gone

Your Calendar:

Day Of Your Colonoscopy

5 - 7:30 am

- Take 2 more Dulcolax tablets
- Mix remaining 1/2 bottle of Miralax (7 doses) with the other 1/2 of the Sports drink (32 ounces)
- Drink 8 ounces every 20 minutes until gone

Morning


Clear liquid diet for breakfast. NO solid food

Drink at least 4 large glasses of clear liquids

STOP CLEAR LIQUIDS 3 HOURS PRIOR TO COLONOSCOPY

Colonoscopy After 1 PM

What You Eat:

Eat a light dinner the day before your colonoscopy. Example of a light dinner is: 1 slice of white bread, skinless chicken, fish, eggs, cheese. You must not eat any solid food after 6 pm the day before your colonoscopy. After 6 pm, you may only eat a clear liquid diet. Go to pages 9-10 for things you can eat and drink.

What You Drink:

You must only drink clear liquid after 6 pm the night before your colonoscopy. Be sure to drink at least 12 tall glasses (about 10-12 ounces) of clear liquids throughout the day in addition to what you have to drink with your bowel prep.

Taking Your Prep:

Make sure you have the following and follow directions.

- Sports Drink (64 ounces)



- Dulcolax Tablets (4 tablets)




- Miralax (14 dose size)



Your Calendar:


One Day Before Your Colonoscopy

Time Of Day	What You Eat	What You Drink
Evening 	After 6 pm clear liquid diet only. NO solid food	Drink at least 4 tall glasses of clear liquids

Your Calendar:

Day Of Your Colonoscopy

- 5 - 6:30 am
- Take 2 Dulcolax tablets
 - Reserve the bathroom
 - Consider using Aloe wipes
 - Use Vaseline or A&D ointment to perianal skin
 - Mix 1/2 bottle of Miralax (7 doses) with 1/2 of the Sports Drink (32 ounces)
 - Drink 8 ounces every 20 minutes until gone

Morning 	Clear liquid diet for breakfast. NO solid food	Drink at least 4 tall glasses of clear liquids
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- 7:30 - 9 am
- Take 2 more Dulcolax tablets
 - Mix 1/2 bottle of Miralax (7 doses) with 1/2 of the Sports drink (32 ounces)
 - Drink 8 ounces every 20 minutes until gone

STOP CLEAR LIQUIDS 3 HOURS PRIOR TO COLONOSCOPY

What Liquids Are OK



Water/Mineral Water



Tea



Apple Juice



"Black" Coffee



Soda



"Clear" Sports Drink

What Liquids Are NOT OK



No Milkshakes



No coffee with cream



No Pineapple Juice



No Orange Juice



Milk or Dairy drinks

What About Alcohol?
Although alcohol is a clear liquid, it can make you dehydrated. You should NOT drink alcohol while preparing for your test.

What Foods Are OK



Honey



Jello



CLEAR Broth



Popsicles



Hard candy

What Foods Are NOT OK (No Red Foods)



No breads, grains, rice



No Soup with chunks of food



No meats



No vegetables



No Milk or Dairy drinks



No fruits

Frequently Asked Questions

Can I drive myself home after my colonoscopy?

- NO. You will receive medicine to make you sleepy and comfortable during your test. That means that you cannot drive home, it is not safe for you or others on the road. You must arrange for someone to drive you home after the test. You may also use public transportation (rides), but only if you have an adult who can escort you home.

What are the effects of the “bowel prep”?

- You will have lots of diarrhea from the bowel prep. This will usually start within 3 hours after you start drinking your prep. So plan to be home and reserve the bathroom. Most people have some nausea, bloating and occasional abdominal discomfort. This is normal do not be alarmed. If symptoms are severe please call.

My prep hasn't started working yet. Is that OK?

- Different people respond differently to the bowel prep. If you have waited more than 3 hours without a response, then make sure you are drinking enough fluid. Take 2 more Dulcolax tablets. Call if the medicine is still not working at all despite drinking enough fluid and taking the medicine as directed.

How long will the test take?

- A colonoscopy usually takes about 20-30 minutes.

What are the risks of colonoscopy?

- Perforation through the entire wall of the colon is reported in approximately 1/6000 screening colonoscopies. The risk can increase for therapeutic procedures, such as biopsies or polyp removal.
- Bleeding is reported in 0-4/1000 procedures.
- Cardiopulmonary. Irregular heart beat (1/1000), low heart rate (8/1000), low blood pressure (12/1000), low oxygen levels (56/1000), heart attack and stroke (fewer than 1/1000).

Will the colonoscopy hurt?

- Not generally. Most individuals are given conscious sedation (twilight sedation) to make them very comfortable during the examination.

What if the doctor finds something abnormal?

- If a polyp is found it can usually be removed at that time.
- If a polyp or mass is unsafe to remove it will be biopsied and marked for further treatment.
- Unusual appearing tissue will undergo a biopsy.

Frequently Asked Questions (Continues)

How long will I be at the facility?

- You will be there about 2 hours. You will arrive 1 hour before your scheduled time. This will allow the staff to get you ready for your procedure. After your procedure you will be monitored and allowed to go home after it is determined to be safe. This is usually about 30-45 minutes.

When will I get the results?

- If polyps were removed or biopsies were done it usually take 5-7 days to get the results.

When will I be able to eat normally?

- As soon as you have recovered from the procedure you will be able to eat.

When will my bowel movements return to normal?

- You should return to normal bowel movement pattern within 2-3 days.

Anything else?

- YES. Given the importance of colon polyp detection and removal in the prevention of colon cancer; please encourage family, friends and loved ones to get their colonoscopy.

Meet Our General Surgeons



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