

## Colonoscopy Bowel Preparation Instructions

### SUPREP



Please arrive **one hour and 15 minutes** prior to your procedure time: If you are delayed, please call 970-384-7500 to let the charge nurse know, otherwise we may need to reschedule your appointment.

### 1 WEEK BEFORE YOUR PROCEDURE:

- **DISCUSS YOUR MEDICATIONS** with your primary care provider.
  - Stop medications that are for **diarrhea** (Imodium®, Kaopectate®) or that contain **iron** 7 days prior to your procedure.
  - If you are taking any **blood thinners, antidiabetic** or **weight loss medications**, please contact the GI clinic at 970-384-7512 for instructions on how to adjust these medications. If your medications are not adjusted appropriately, your procedure may need to be cancelled.
  - If you are **diabetic**, your medication may need to be adjusted. **Please consult with your prescribing doctor.**
  - Take your usual morning medications (including blood pressure medications), at least 4 hours prior to your procedure with a small amount of water.
  - Please call 970-384-7512 if you have any questions about adjusting your medications.
  
- **AVOID EATING** corn, popcorn, nuts, and foods containing seeds.
  
- **ARRANGE A RIDE**
  - **IF YOU DO NOT HAVE A RIDE, YOUR PROCEDURE WILL BE CANCELED.**
  - You will need a friend, family member or medical transport to drive you home.
  - **You may not leave the hospital by yourself using public transportation, taxi, Uber, or certain medical transportation companies.** If you plan on using a medical transportation company, please call our facility to confirm if the medical transport company you plan on using is an approved driving service.

- You will still be drowsy from the anesthesia, and it is unsafe to drive, work or make important decisions until the day after your procedure.
- You must have a responsible adult accompany you home the day of your procedure, even if you take a cab or Uber.
- We must be able to contact your responsible adult. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.

### **1 DAY PRIOR TO YOUR PROCEDURE:**

Do not start bowel prep if you have not received your cost estimate from Valley View and have financial concerns. Please contact Patient Financial Services at 970-384-6880 or [pfsverification@vvh.org](mailto:pfsverification@vvh.org)

- **Starting at midnight, the day prior to your procedure, drink only a CLEAR LIQUID DIET -**
  - **EXAMPLES OF CLEAR LIQUIDS** (liquids you can see through): Water, fruit juices (apple, white grape, white cranberry, lemonade), soda, sports drinks, fat free broth, popsicles, Jell-O, black coffee, or tea (without milk or cream) - avoid red, purple, or orange colored drinks or drinks that contain pulp material. No alcohol
  - **YOU SHOULD NOT BE EATING ANY SOLID FOOD.**
  - **STAY HYDRATED** throughout the day with at least eight 8 oz. glasses of clear liquids in addition to what you drink with your bowel prep medication to help clean the colon and prevent dehydration.

**HOW TO TAKE YOUR 1st DOSE OF SUPREP® MEDICATION.** Keep the mixed solution in the refrigerator. Do not freeze



- **At 5PM the night before** your colonoscopy, pour 1 bottle of **SUPREP** into the mixing container provided and then fill the mixing container with cool water up to the 16-ounce fill line.

- Drink all of the liquid in the mixing container.
- Drink two more mixing containers filled up to the 16-ounce fill line with water over the next hour (32 oz total).

#### **DAY OF PROCEDURE:**

- Drink only a **CLEAR LIQUID DIET** up until **3** hours before your arrival time.
- Do not take any medicine by mouth **within 1 hour** before you start drinking prep solution.

#### **TAKE YOUR 2<sup>nd</sup> DOSE OF SUPREP MEDICATION.**

- Shake the bottles well to completely mix the powder and water.
- **5-6 hours before** your procedure, pour 2<sup>nd</sup> bottle of **SUPREP** into the mixing container provided and then fill the mixing container with cool water up to the 16-ounce fill line.
- Drink all of the liquid in the mixing container.
- Drink two more mixing containers filled up to the 16-ounce fill line with water at least 3 hours prior to your procedure.
- **NOTHING BY MOUTH 3 HOURS** before your **ARRIVAL TIME**. This includes water, clear liquids, chewing gum, mints or chewing tobacco.

#### ● **WHAT TO EXPECT FROM THE BOWEL PREP:**

- Plan to be near the bathroom. You can expect to begin passing stool anywhere from 30 minutes to 2 hours after drinking the first dose.
- Most people feel mild bloating and cramping. This is normal. Drinking **SUPREP**® more slowly and over a longer period can help alleviate these symptoms.
- Your stool should be clear with some yellow color after drinking all of the prep.
- **If you are passing brown stool after finishing your prep, please call 970-384-7500 (6am-4pm) to speak to the charge nurse.**

#### ● **IMPORTANT REMINDERS FOR DAY OF PROCEDURE:**

- **Parking** can be a challenge. Please plan to arrive **1 hour and 15 minutes** prior to your arrival time to park and navigate our campus. The hospital offers free valet in both the upper and lower entrances of the hospital.
- Please have your **ID, insurance card and any copays** with you at check-in.
- If you need to change or reschedule your appointment, please call 970-384-7512 8:30am-4:30pm.
- **Please leave all jewelry and valuables at home.**
- If you use **oxygen** at home day or night, please bring a portable tank with you.
- Valley View will release **ALL** results to you as soon as they are available. Therefore, you may see some results even before we do. Please give the provider 2-3 weeks to review your results and reach out to you. If you have an immediate concern, please send a message through My Health Connection, or call the scheduling line to send a message to the provider.

### **What is a screening colonoscopy?**

During a colonoscopy, your doctor places a small tube with a camera at the end of it in your large intestine. Your insurance plan asks that we use a number (an insurance code) when we send the bill to them. We use the code for a “screening colonoscopy” if we don’t find any small growths (polyps) during the screening. All insurance companies are required to pay for a screening colonoscopy. This was set up by President Obama with the Affordable Care Act (ACC), also known as “Obamacare.”

### **What is a polyp?**

If growths are found, your doctor will try to take them out. These growths can grow to be cancerous if left in the colon. Once a growth is found and removed, the procedure is no longer called a screening colonoscopy. It is now called a “diagnostic” colonoscopy because the growth was found and removed. Treatment has taken place. This happens in about half of all screening colonoscopies that are done.

### **What does my insurance require?**

**If polyps are taken out, your insurance company requires that we use a different code to bill them. This may now mean that your insurance requires you to pay deductibles or a co-pay.** It is best to call your health plan and ask what you may need to pay for if the code changes from a screening exam. Please let your doctor know if you have questions before your exam and what your health plan requires.