

For Patients with Blue Cross and First Administrators Insurance

Blue Cross and First Administrators do not cover an anesthetist providing sedation for colonoscopies. You will be asked to choose between two options. Please read the following descriptions prior to arrival for your procedure. Nursing staff will answer questions on arrival. **Please be assured that with either method, all measures will be taken to maximize your comfort and safety at all times.**

OPTION #1 - Anesthetist Administered Sedation

- Propofol is the drug used by the anesthetist.
- You can expect to be asleep throughout the procedure.
- You will not remember the procedure.
- The drug wears off quickly.
- There is a lesser chance of having side effects.
- It can cost from \$300 to \$450 out-of-pocket if your insurance does not cover the cost.
- The hospital's billing department can help set up payment plans.
- Insurance may cover the cost if you have certain medical conditions.

OPTION #2 - Physician Administered Sedation

- Versed and Fentanyl will be used.
- You may be awake and feel some of the procedure, or you may sleep through the entire procedure. It is difficult to predict how aware you will be during your procedure with this method.
- There is a greater chance of having some nausea / vomiting following the procedure.
- The physician and a nurse will monitor you while performing the procedure.
- This method is covered by all insurance companies.
- If we are unable to maintain your comfort after the maximum dose is administered, anesthesia will be called and Propofol will be given. You may be responsible to cover this cost.

Medications

- Discontinue the use of aspirin (Excedrin) products, ibuprofen and iron tablets one week prior to the colonoscopy.
- You will likely need to stop your blood thinners several days prior to the colonoscopy. It is important to check with the doctor that prescribes your blood thinner to determine if you may safely discontinue your blood thinner.

- Consult your family physician regarding your diabetes medication.
- Take your blood pressure medications as scheduled before your colonoscopy.
- Stop weight loss medications one week prior to colonoscopy.
- Bring a list of all the medications you take or bring your medication bottles with you to your colonoscopy appointment.

Information

- It is your responsibility to check with your health insurance company to see if the colonoscopy procedure needs to have prior authorization.
- You will not be allowed to drive after the colonoscopy procedure. You may resume driving the next day.
- Expect to be at the hospital for a minimum of 2 hours.
- If you have any questions or are experiencing any problems with the prep, call Floyd Valley Healthcare at 712-546-7871 or 1-800-642-6074 and ask to speak to a nurse.
- To schedule a colonoscopy at Floyd Valley Healthcare call 712-546-3332 or 1-800-642-6074 ext. 3332 between the hours of 8:00 a.m. and 4:00 p.m.



Colonoscopy

Patient Preparation Instructions



FloydValley.org

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Scheduling

Colonoscopy Procedure Date:

Colonoscopy Arrival Time:

Surgeon Performing the Procedure:

The day of your colonoscopy, enter the hospital through the West entrance. Stop at the registration desk. After registering, you will be directed to the same day surgery unit (upper level). Enter the same day surgery unit through the entrance on the left, just past the seating / waiting area.

If your colonoscopy procedure time is:

- Before 10:00 a.m. follow Prep A.
- Between 10 a.m. and 1:00 p.m. follow Prep B.
- After 1:00 p.m. follow Prep C.

You will need a 64-ounce sports drink, Dulcolax tablets (4 tablets) and Miralax (14 dose size).

Clear Liquids

A liquid is considered clear if you can read something through it. Examples: water, apple juice, soda, black coffee, clear sports drinks, honey, popsicles, Jell-O (excluding red), broth and hard candy.

PREP A

If colonoscopy is scheduled before 10:00 a.m.

You must not eat any solid food the day before your colonoscopy. You may drink only clear liquids (see below).

Be sure to drink at least 12 tall (10-12 oz.) glasses of clear liquid throughout the day in addition to what you drink with your prep. If you become nauseated you may drink less water.

DAY BEFORE SUEDE	CLEAR LIQUIDS ALL DAY. NO SOLID FOODS.	
	4:00 - 6:00 p.m.	Take 2 Dulcolax tablets.
	5:00 - 7:00 p.m.	Mix 1/2 bottle of Miralax (7 doses) with 1/2 of the sports drink (32 oz). Drink 8 oz. every 20 minutes until gone.
	8:30 - 10:30 p.m.	Take 2 more Dulcolax tablets. Mix remaining 1/2 of Miralax with the remaining sports drink. Drink 8 oz. every 20 minutes until gone.
Stop clear liquids 4 hours prior to colonoscopy.		

PREP B

If colonoscopy is scheduled between 10:00 a.m. and 1:00 p.m.

Eat a light breakfast the day before your colonoscopy. Example: 1 slice of toast and 1 egg.

You must not eat any solid food after NOON the day before your colonoscopy. You may only drink a clear liquid diet.

Be sure to drink at least 12 tall (10-12 oz.) glasses of clear liquids throughout the day in addition to what you have to drink with your prep. If you become nauseated you may drink less water.

DAY BEFORE SUEDE	LIGHT BREAKFAST. CLEAR LIQUIDS ONLY AFTER 12 NOON.	
	4:00 - 6:00 p.m.	Take 2 Dulcolax tablets.
	Evening	Clear liquid diet for supper. No solid food. Drink at least 2 tall glasses of clear liquids.
DAY OF SUEDE	6:30 - 8:30 p.m.	Mix 1/2 bottle of Miralax (7 doses) with 1/2 of the sports drink (32 oz). Drink 8 oz. every 20 minutes until gone.
	5:00 - 6:30 a.m.	Take 2 more Dulcolax tablets. Mix remaining 1/2 of Miralax with the remaining sports drink. Drink 8 oz. every 20 minutes until gone.
DAY OF SUEDE	Morning	Clear liquid breakfast. No solid food. Drink at least 4 large glasses of clear liquid.
	Stop clear liquids 4 hours prior to colonoscopy.	

PREP C

If colonoscopy is scheduled after 1:00 p.m.

Eat a light meal before 6:00 p.m. the day before your colonoscopy. Example: 1 slice of bread, skinless chicken, fish, eggs and cheese.

You must not eat any solid food after 6:00 p.m.

After 6:00 p.m. you may only drink a clear liquid diet.

Be sure to drink at least 12 tall (10-12 oz.) glasses of clear liquids throughout the day in addition to what you have to drink with your prep. If you become nauseated you may drink less water.

DAY BEFORE SUEDE	Evening	After 6:00 p.m. only clear liquid diet, no solid food. Drink at least 4 tall glasses.
	CLEAR LIQUIDS ALL DAY. NO SOLID FOODS.	
DAY OF SUEDE	5:00 - 6:00 a.m.	Take 2 Dulcolax tablets. Mix 1/2 bottle of Miralax (7 doses) with 1/2 of the sports drink (32 oz). Drink 8 oz. every 20 minutes until gone.
	7:30 - 9:30 a.m.	Take 2 more Dulcolax tablets. Mix remaining 1/2 of Miralax with the remaining sports drink. Drink 8 oz. every 20 minutes until gone.
Stop clear liquids 4 hours prior to colonoscopy.		