

# For Patients with Blue Cross and First Administrators insurance

Blue Cross and First Administrators do not cover an anesthesiologist 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 anesthesiologist.
- 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.

If you have any questions or are experiencing any problems with the prep, call Floyd Valley Healthcare at 712-546-3332 or 1-800-642-6074 ext. 3332 between the hours of 8:00 a.m. and 4:00 p.m.. After hours, please call 712-546-7871 or 1-800-642-6074 and ask to speak to a nurse.

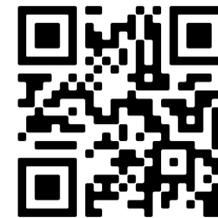
# Freedom from the waiting room

Your loved ones can stay updated on how your care is progressing. To keep your family and friends informed through real-time status notifications, open the camera on your cell phone and scan the QR code to download the Ease app, register patient information, and invite loved ones to receive updates.



Available for free on the Apple Store or Google Play. Need EASE help? Call 407-308-4399 [www.EASEapplications.com](http://www.EASEapplications.com)

## Colonoscopy video guide



For more information go to:  
[floydvalley.org/medical-services/surgery](http://floydvalley.org/medical-services/surgery)

# Colonoscopy

## Patient Preparation Instructions

LOCAL, CONVENIENT, QUALITY CARE.

## Scheduling

Colonoscopy Procedure Date:

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Colonoscopy Arrival Time:

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Surgeon Performing the Procedure:

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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.

### Items to purchase:

- Dulcolax tablets (4 tablets)
- MiraLAX (14 dose size)
- Sports drink (28- 32 oz. bottle x 2). If preferred, MiraLAX can be mixed in water or other clear liquid beverage.
- Magnesium citrate (10 oz) \*Use only if you have a history of constipation or had difficulty obtaining clear stools with a previous colonoscopy.

## 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, broth and hard candy. **NO PURPLE OR RED LIQUIDS.**

**No corn, nuts or seeds 2 days prior to bowel preparation (prep).**

## If colonoscopy arrival time is *before* 12:00 PM:

### Day Before Scope

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

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.

#### 2:00 - 4:00 PM

- Take 2 dulcolax tablets

#### 3:00 - 5:00 PM

- Mix ½ bottle of MiraLAX (7 doses) with large bottle of sports drink or clear liquid beverage of your choice. Drink 8 oz. every 20 minutes until gone.

#### 6:30 - 8:30 PM

- Take 2 more Dulcolax tablets.
- Mix ½ bottle of MiraLAX (7 doses) with large bottle of sports drink or clear liquid beverage of your choice. Drink 8 oz. every 20 minutes until gone.
- If you have a history of constipation or had difficulty obtaining clear stools with a previous colonoscopy, take a bottle of magnesium citrate (10 oz).
- Stop clear liquids 4 hours prior to arrival.  
\*\* You may start prep 2 hours earlier if desired.

## If colonoscopy arrival time is *after* 12:00 PM:

### Day Before Scope

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

#### 4:00 - 6:00 PM

- Take 2 Dulcolax tablets.
- Clear liquid diet for supper. No solid food.

#### 5:00 - 7:00 PM

- Mix ½ bottle of MiraLAX (7 doses) with large bottle of sports drink or clear liquid beverage of your choice. Drink 8 oz. every 20 minutes until gone.

### Day of Scope

#### 4:00 - 6:00 AM

- Take 2 more Dulcolax tablets. Mix ½ bottle of MiraLAX (7 doses) with large bottle of sports drink or clear liquid beverage of your choice. Drink 8 oz. every 20 minutes until gone.
- If you have a history of constipation or had difficulty obtaining clear stools with a previous colonoscopy, take a bottle of magnesium citrate (10 oz).
- Clear liquids only. Stop clear liquids 4 hours prior to arrival.

## 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

- No use of tobacco products day of your procedure including e-cigarettes and smokeless tobacco.
- **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.
- It is your responsibility to check with your health insurance company to see if the colonoscopy procedure needs to have prior authorization.