

## PEDIALYTE MIRALAX PREP INSTRUCTIONS FOR YOUR COLONOSCOPY

Patient Name @NAME@

Birthdate @DOB@

Arrival Date: \*\*\* Arrival Time\*\*\* Procedure Time: \*\*\*

Location: {Santa Rosa Surgery and Endoscopy}

Doctor: {WFSO GI PHYSICIANS SPMF AMB: 125237}

*If you need to cancel or reschedule this appointment, please contact our office 1 week (7 calendar days) prior to your scheduled appointment date. A fee of \$250.00 may apply if less notification is given.*

*Please be aware that a cancellation may result in a 4-6 month wait before we are able to accommodate you to be rescheduled, due to our current volume of patients requiring procedures.*

*Please also be aware that we may need to change your time on the day of your procedure. It is recommended that you be available should we need to contact you to advise you of a change in arrival time. We make every effort to consider your preference, however, our patients are scheduled according to the complexity of their case, insulin dependence or other medical concerns that may take precedence. We appreciate your understanding.*

\*If you are taking Coumadin (Warfarin), Plavix, Brilinta, Effient, Jantoven, Lovenox, Aggrenox, Pradaxa, Eliquis, Xarelto, Savaysa or any other blood thinning medication, **make sure you know if and when you are to stop these medications.** Call the office TODAY if you are unsure.

### 4 Days Before the Exam:

- **Stop NSAIDS (Ibuprofen, Motrin, Advil, Naprosyn, Aleve, Relafen or the like).** You may continue to take a single aspirin 81 mg/325mg tablet daily and/or Tylenol.
- **Stop iron supplements.**
- Stop eating nuts, seeds, popcorn, tomatoes, peanuts, corn, berries, and breads or crackers with visible seeds.
  - Purchase the prep ingredients:
    - 3 bottles of 1-liter COLORLESS (no red, orange or purple) **Pedialyte** (for diabetics Pedialyte classic or Pedialyte electrolyte water)
    - 3 bottles of Miralax powder 4.1 oz (119 gm/ 7 doses).
    - 2 tabs of Dulcolax 5 mg each over the counter
- Purchase soothing wipes and barrier cream such as Vitamin A&D ointment to help with anal irritation. Do not use Desitin.

### 2 Days Before the Exam:

- Mix each liter bottle of Pedialyte with 1 bottle of Miralax powder (4 oz/ 119gm/7 doses) = total 3 bottles of a liter each. Place mixture into the refrigerator.

### **1 Day Before the Exam (Prep Day):**

- You may have a small, light breakfast before 10:00 am. Examples of a light breakfast are: Eggs, soup/broth with noodles (no meat or vegetables), white crackers/rice/potatoes/bread, Boost or Ensure.
- **After 10 AM, begin a clear liquid diet.** Do not eat anything solid. **No RED ORANGE or PURPLE products. No Dairy.** Clear liquids include water, tea, coffee, apple juice, white grape juice, white cranberry juice, sports drinks, vitamin waters, Jell-O, broth, and soda. Try to drink at least 6 to 8 glasses of clear liquid on this day before 5 pm.
- The exception to the above is that you may drink up to 2 vanilla Boost or Ensure drinks before 5 PM. Use the sugar free version if needed.
- **If you are diabetic** and taking insulin or using an insulin pump, use ½ your daily dosage today. If you are taking oral diabetic medications, take ½ the dosage you usually take. **Otherwise, take your regular medications, including the day of the exam.**
- **2 pm:** Take 2 Dulcolax (bisacodyl) laxative tablets.
- **5 pm:** Drink 2 bottles of 1 liter each of Pedialyte miralax mixture. Drink one 8 oz. glass every 10-15 minutes. It is best to drink the whole glass quickly. You may add ice to your glass.
- Chills, bloating, cramping, nausea and vomiting may occur. If so, take a break from drinking the prep for 30 minutes. Resume drinking the container of prep until it is finished, taking breaks as needed.
- A bowel movement will usually occur within an hour after the 1<sup>st</sup> glass of the Pedialyte Miralax mixture. Don't worry if this does not happen for 3-4 hours. Everyone is different.
- **Bowel movements will occur that are watery and frequent until the bowel is fully cleansed. The end result should be clear or pale-yellow liquid.**
- **Please continue your clear liquid diet over the course of the evening in order to remain hydrated.**

### **The Day of the Exam:**

**4 -5hours prior to your scheduled procedure start time** begin drinking the remaining the 3rd bottle of 1 liter of Pedialyte Miralax mixture.

- Remain hydrated throughout your bowel preparation. You may drink clear fluids throughout the entire preparation up until 3 hours prior to your scheduled appointment time.
- **Do not drink anything beginning 3 hours before your scheduled procedure start time, until after the exam is complete.**
- **If you are diabetic, do NOT take your daily diabetic medication this morning.**

**The success of the exam is very dependent on your colon being empty of fecal matter. The end result should be clear or pale, colorful (typically yellow) liquid.** Please complete the bowel preparation as instructed. Contact the doctor's office at **(707) 541-7900** should you

experience any difficulties or have concerns with the bowel preparation. An on-call Gastroenterologist (doctor) is available during non-office hours at **(707) 541-7900**.

***The hardest part is over!*** After you arrive for your colonoscopy, you will meet with a nurse who will talk to you about your medical history, start an IV so you can get fluids, and get you settled. After you meet with your doctor, you will be given medication to sedate you and keep you comfortable during your colonoscopy.

You will recover after your procedure for about 30 minutes, and will be given a written report with instructions to take home.

#### **After the Examination:**

**You must have a driver to pick up. YOU CAN NOT DRIVE YOURSELF HOME.** If you do not have someone to drive you home, your procedure will be cancelled.

**YOU MAY NOT DRIVE FOLLOWING YOUR EXAM** for the remainder of the day. You must make arrangements for transportation. Your procedure will last approximately 2-2.5 hours from the time you arrive to the time you are released. You may confirm your release time with the facility at the time of arrival.

#### **IMPORTANT INSURANCE INFORMATION YOU NEED TO KNOW**

- We will obtain a pre-authorization if it is required from your insurance for the procedure.
- ***Only your insurance company can answer questions regarding your benefits, your deductible, and your co-insurance. All these determine what you will owe.*** Please call the 1-800 number located on the back of your insurance card if you have questions regarding your benefits.
- Your insurance company will want to know the type of procedure you are having, (the CPT code), the diagnostic code, (the ICD-10 code) and our tax ID number. Your CPT code is 45378. Your ICD-10 is \*\*\*Our Tax ID is 94-1156581
- *The above Tax ID is for professional fees only, (the provider who performed the procedure), and is separate from the facility fee, (place you are having the procedure), and pathology services fee if any biopsies are performed. You will need to call the facility where you are scheduled to discuss the facility fees.*
- We are preferred providers with many insurance companies. However, ***we recommend that you check with your insurance company to make sure we are in network prior to any appointment.*** To help identify us, you may be asked for our tax ID# 94-1156581.

#### **INFORMATION REGARDING COLONOSCOPIES**

A colonoscopy is considered a **preventative, (screening) colonoscopy** or a **diagnostic colonoscopy**.

**Why is it important to know what type of colonoscopy I am having prior to my procedure?**

Because this determines how much your insurance company will cover this type of colonoscopy.

**What is a preventative, (screening) colonoscopy?**

If you are a person who is at the age of 50 years or older and you have never had a colonoscopy before, or if your previous colonoscopy was ten years ago or longer, you are having a preventative colonoscopy. IMPORTANT NOTE: a preventative colonoscopy claim could be processed as a diagnostic colonoscopy if polyps are found during the procedure or biopsies are performed.

**What is a diagnostic colonoscopy?**

If you are having a colonoscopy because you are experiencing symptoms, the previous colonoscopy was less than ten years ago, polyps and biopsies were taken, or you are less than 50 years of age, it is considered a diagnostic colonoscopy.