



# ST. JOSEPH HOSPITAL

Issued Date: \_\_\_\_\_

**\*This prep replaces any previous prep instructions that you may have received.**

**Colonoscopy Instructions  
2 DAY MIRALAX + Dulcolax**

Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Dr. \_\_\_\_\_

*\*You may be contacted by the Endoscopy Department the day of your procedure to adjust your arrival time.*

Location: 172 Kinsley Street, Nashua, NH – Main Lobby, 2<sup>nd</sup> Floor Endoscopy Department

Pre-registration is required **one week prior** to your procedure. Please call **866-620-4781** to pre-register.

If you have any questions regarding your prep or procedure or, if for any reason you need to reschedule your procedure, **please call 603-578-9363.**

**PLEASE BE SURE TO REVIEW “IMPORTANT INSURANCE INFORMATION” AT THE END OF THE PACKET.**

**Colonoscopy Checklist**

- **If you have congestive heart failure, or a history of any other cardiac conditions,** please call your cardiologist or managing physician to determine if you need cardiac testing or a follow up visit prior to your procedure.
- **Due to the anesthesia that will be administered during your procedure, it is required that you have a responsible adult or person of legal driving age to drive you home after your procedure. You cannot drive or walk.** You cannot take a taxi/Uber unless you are accompanied by a responsible adult.
- **If you need assistance with transportation:**
  - Some insurance carriers provide assistance with medical ride services. Please call your insurance company to check availability.
  - In addition, Gentle Care Ride offers medical transportation for a fee and services most of the Southern and Central NH region. They can be reached by calling 603-341-1720 (they require at least two days’ notice; however, please call early due to availability).

**IMPORTANT: PLEASE READ ALL MATERIAL**



# ST. JOSEPH HOSPITAL

## Medications

**PLEASE CALL YOUR MANAGING OR PRESCRIBING PHYSICIAN IF:**

- You take blood thinners such as Coumadin (Warfarin), Apixaban (Eliquis), Plavix (Clopidogrel), Aggrenox, Ticlid (Ticlopidine), Pradaxa (Dabigatran), Effient (Prasugrel), Brilinta (Ticagrelor) or Xarelto for instructions on stopping these.
- You have Diabetes, to discuss your diabetes medications.
- You are receiving Lovenox injections. These must be stopped 24 hours prior to your procedure.
- For questions on all other medications, please consult your managing or prescribing physician.

**GI CANNOT ADVISE YOU ON THE ADJUSTMENT OF YOUR MEDICATIONS. PLEASE CALL YOUR MANAGING OR PRESCRIBING PHYSICIAN IF YOU HAVE QUESTIONS ABOUT YOUR PRESCRIBED MEDICATIONS.**

## Colonoscopy Preparation

**7 Days Prior**

- Stop oral iron supplements (not infusions), multivitamin w/iron, fish oil, vitamin E.
- **Begin a Low-Fiber diet: avoid any foods with seeds, peels, nuts, salads, and raw vegetables. See below.**

ALLOWED	AVOID
Meats (beef, pork, poultry-without skin) and fish	Whole wheat or whole-grain breads, cereals or pastas
White bread without seeds or nuts	Brown or wild rice, oats, kasha, barley, quinoa
White rice, White pasta, crackers	Dried fruits and prune juice
Pancakes and waffles	Fruits with seeds, skins, or membranes (grapes, oranges, berries)
Cooked and peeled carrots, potatoes, seedless squash, veggie noodles without skins	Raw or undercooked vegetables and salads (corn, lettuce, brussels sprouts, spinach)
Fruits without skins, seeds, or membranes (melons, bananas, peeled apples, peeled canned fruits)	Beans, peas, and lentils
Milk and foods made from milk, milk substitutes	Seeds and nuts, and foods containing them (peanut butter and other nut butters)
Butter margarine, oils and salad dressings without seeds	Popcorn

**IMPORTANT: PLEASE READ ALL MATERIAL**



# ST. JOSEPH HOSPITAL

## 3 Days Prior

### **Purchase the following items over the counter:**

- (2) bottles of 8.3oz (238gm) of MIRALAX (Polyethylene Glycol 3350)
- (1) bottle of 4.1oz (119gm) of MIRALAX (Polyethylene Glycol 3350)
- (2) 5 mg Dulcolax tablets
- (2) 64 oz bottles of Gatorade/Powerade/or any other clear liquid (NO red, orange, or purple colored liquids)
- (1) 32 oz bottle of Gatorade/Powerade/or any other clear liquid (NO red, orange, or purple colored liquids)

## 2 Days Before Procedure

- **5:00PM** – Mix 238gm bottle of Polyethylene Glycol 3350 (Miralax) powder, into a 64oz container of Gatorade/Powerade and drink slowly over a 2 ½ hour period. Bowel movements may be delayed. They may take time to start. Moving around helps.

## Day Before Procedure

- In the morning, take (2) 5mg Dulcolax tablets.
- **DRINK** allowed clear liquids throughout the ENTIRE day- **NO SOLID FOOD ALLOWED. NO ALCOHOL, MILK/MILK PRODUCTS, ORANGE JUICE, CHALKY ANTACIDS.** \*
  - **ALLOWED CLEAR LIQUIDS:** Apple Juice, white grape juice, Gatorade, PowerAde, Kool-Aid, Crystal Light, fruit flavored water. Clear soda (regular or diet), clear broth, bouillon, popsicles, Jell-O (not red), coffee/tea (NO milk/cream). **Please make sure all clear liquids are not red/orange/purple in color.** Please avoid all smoothies and shakes as these are considered full liquids.
- **5:00PM** - Mix the 238gm (8.3 oz) bottle of MIRALAX (Polyethylene Glycol 3350) powder into a 64oz container of Gatorade/Powerade/clear liquid and drink slowly over a 2 ½ hour period.

## Day of the Procedure

### 5 Hours PRIOR to ARRIVAL:

- NO SOLID FOOD ALLOWED.
- Mix 119gm (4.1 oz) bottle of MIRALAX (Polyethylene Glycol 3350) powder into a 32 oz container of Gatorade/Powerade/clear liquid and drink slowly within 1 hour.
- May drink clear liquids only\* (see list of clear liquids).
- May brush teeth.
- Upon arrival stool should be clear/yellow, any extra fluid will be suctioned during the procedure. 3

**IMPORTANT: PLEASE READ ALL MATERIAL**



# ST. JOSEPH HOSPITAL

## **4 Hours PRIOR to ARRIVAL**

- **ABSOLUTELY NOTHING BY MOUTH - NO** gum; candy; mints; smoking, water. May use Chap Stick for dry lips.
- **PLEASE BRING: Completed endoscopy health history form** (last page of the packet), inhalers, CPAP/BiPAP (if easily transportable), glasses (do not wear contacts), if menstruating can use a tampon, reading material or other items in case of unforeseen delays, a **copy of your medication list with dosing and the last time taken (including over the counter meds)**
- DO NOT BRING valuables, including jewelry.

The **ONLY MEDICATIONS** you may take this morning three (3) hours prior to your appointment are:

- Cardiac (heart)
- Seizure
- Blood Pressure
- Asthma medications and inhalers

**ARRIVE at the time noted on the first page. Bring your history form. Allow approximately 2 ½ hours at the hospital.**

## **IMPORTANT INSURANCE INFORMATION FOR PROCEDURES**

### Insurance Coverage

- **We strongly encourage you to check your coverage by calling your insurance company directly before any procedure is performed to find out what your benefits are.**
- Your insurance benefits may vary depending upon if you are having a screening colonoscopy or a diagnostic colonoscopy.
- If a biopsy is required or if a polyp is removed during your screening procedure, your insurance may need to process the claim differently.
- Your coverage might also vary based upon the location of your procedure – St. Joseph Hospital. If your insurance has trouble finding our facility in their directory, here is the Tax ID number: 02-0222215.
- If you are having another endoscopy procedure aside from a colonoscopy, please contact your insurance company for more information regarding coverage.

### Out of Pocket Expense

- “Out of pocket expense” is defined as your share of the cost of your procedure and is determined by your insurance policy. For any endoscopic procedure, your insurance company determines the deductible and copayment amounts for which you are financially responsible.



# ST. JOSEPH HOSPITAL

## Communicating with Your Insurance Company

- What to ask:
  - “What is the coverage for my colonoscopy and/or upper endoscopy at St. Joseph Hospital Nashua, NH?”
  - “What are my ‘out of pocket’ fees for the procedure?” This will ensure you are fully informed of the possible costs you may incur prior to your procedure.
  - “Do I need a prior authorization for my procedure?” If yes, this will be obtained by our prior authorization team. For more information, contact their department at 866-620-4781.
- Anesthesia Fees
  - Anesthesia for SJH is provided by Narragansett Bay Anesthesiology.
    - Certain insurances may have restrictions on the coverage of anesthesia. We encourage you to review your individual benefits.
    - In general, if your major medical insurance covers your endoscopy procedure at St. Joseph Hospital, there should be no additional out of pocket fees for anesthesia.
    - For more questions regarding anesthesia and insurance coverage, please call Paula Jarrett for more information at 800-242-1131 extension 4108.
  - Your procedure will be submitted to your insurance company. All claims are billed out separately, by department (i.e. anesthesia, pathology, provider, and facility).
  - Facility, pathology, and provider fee is St. Joseph Hospital.

## Financial Assistance

- **All non-covered services will be your responsibility to pay.**
- Financial assistance is available for patients who meet eligibility criteria. For more information, please contact the Customer Service department at 1-866-524-1189.
- Estimates for procedures can be provided by calling 603-578-5090.

## What to Expect the Day of your Procedure

### Arrival and Preparation

*Your arrival time is noted in the packet. Please be sure to arrive on time.* This allows you time to meet with the RN, an anesthesiologist and your gastroenterologist to complete the admitting process. We will review your medical history, have you meet with an anesthesiologist, and have you sign your consents for anesthesia and the procedure. An IV will be started and your vital signs recorded. We are expert at starting IVs; however, we welcome your feedback on placement. You will be lying on your left side, so we prefer to use the right arm/hand. We try to avoid the bend of the arm where blood is usually taken. Bruising is a normal occurrence after an IV and is to be expected.

Upon arrival you will complete a health history. This information may be in our computer system; however, this process is geared to gain as much updated knowledge as possible for the specific procedure. We thank you for your help.



# ST. JOSEPH HOSPITAL

Although we do everything possible to avoid delays, the length of each procedure is variable. We assure you that we will take the time needed for your procedure when it is your turn. Please bring items to occupy your time and keep you relaxed. Headphones or ear buds for listening to music is one suggestion.

## **Sedation/Procedure**

An anesthesiologist will administer anesthesia via IV. Patients receiving deep anesthesia fall asleep quickly and awaken once the procedure is completed. The medications used are determined by our anesthesiologist after careful consideration of your health status. Any medication given will require precautions for the remainder of the day. For those patients whose insurance does not cover anesthesia, nurses will administer sedating medication under the direction of the gastroenterologist. The goal of this type of sedation known as moderate sedation is comfort and reduced anxiety. The RN in your procedure room will aid in this process. The goal of the procedure is to examine your large intestine and remove polyps or tissue when needed for further evaluation in the lab.

Generally, you will not feel when a polyp is removed, or a biopsy is taken.

## **Recovery**

You will be monitored for at least 30 min by an RN in the recovery area. Once awake we will offer refreshments and ensure you are ready to leave then remove your IV. Your ride should meet you in the recovery area or waiting room to escort you home. The gastroenterologist will briefly see you in recovery to ensure you are medically stable and give a brief preliminary finding. Any biopsy or polyp pathology results will be shared with you via correspondence from the physician's office. Your primary care physician or other referring physician will receive a copy of the results.

Most importantly, yes you can resume a normal diet after the procedure unless otherwise instructed. Feeling tired for the day is normal. Feeling slightly bloated, gassy or crampy is normal. A few drops of blood are normal. Any symptoms above and beyond should be reported to the gastroenterologist office right away. You will leave with discharge instructions and contact information.

## **Consent**

You will have the opportunity to discuss the procedure with your gastroenterologist and the anesthesiologist regarding the sedation. They will each explain the nature of the procedure, its' risks, benefits and alternatives and have you sign a consent form that you understand and agree to the care.

The risks included as part of the consent discussion are but are not limited to; bleeding, infection, injury and/or perforation colon or small intestine, or adjacent organs such as the liver or spleen, the risk of missing lesions such as cancer, polyps or sources of bleeding, aspiration, medication side effects or allergic reactions, and other unforeseen complications. These risks may lead to the need for emergency room evaluation and care, the need for hospitalization, the need for additional procedures including but not limited to surgery and repeat endoscopic procedures (colonoscopy) and in very rare cases lead to cardiac arrest and death.