

Is Your Colonoscopy Screening or Diagnostic?

When your doctor schedules your colonoscopy it may be defined as screening or diagnostic.

A *screening colonoscopy* is when your doctor does not detect any health problems before, during or after your colonoscopy.

A *diagnostic colonoscopy* is when your doctor detects signs and/or symptoms of a potential health problem prior to your colonoscopy.

During the course of your screening colonoscopy, it can easily change from screening to diagnostic. An example of this would be if the doctor finds a health problem or needs to immediately remove a polyp. If this occurs, your insurance may not cover the same costs as a screening colonoscopy.

Know Your Insurance Coverage

WHC is unable to tell you what your insurance plan covers. Please contact your insurance company before your scheduled colonoscopy to learn what is covered. Our office may call your insurance for pre-authorizations prior to your colonoscopy, but this does not guarantee payment for the service.

Billing Questions

WHC staff is here to help answer your billing questions. Please call our Clinic Billing Office at (319) 483-4889.

Preparing For Your Colonoscopy

Please use suprep bowel kit if your insurance will cover. If it is too expensive, please use option #2, the miralax bowel kit, that is over the counter.

WAVERLYHEALTH
— C E N T E R —
GENERAL SURGERY CLINIC

(319) 352-8033

WaverlyHealthCenter.org

312 Ninth Street SW Waverly, Iowa 50677

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Date of Colonoscopy:

Time: Surgery will call you with your time 1-2 business days beforehand.

Check-in at surgery complex:

1. Park in the Red Lot
2. Take the elevator to the 2nd Floor
3. Turn left off the elevator and follow the hallway to the surgery complex

Special Notes

- You need a driver to take you home. You cannot drive for 24 hours after.
- For 7 days before, do NOT take: regular (325 mg) Aspirin, Ibuprofen (Advil, Motrin, etc), Naproxen (Aleve), Mobic (meloxicam) and other anti-inflammatory medications.
- Baby (81 mg) Aspirin is ok if taking to thin your blood.
- Tylenol (acetaminophen) is okay to take.
- Hold Lisinpril day of procedure
- For 5 days before, stop taking iron supplements.
- No PLAVIX/COUMADIN/EFFIENT/ELIQUIS for ____ days before.
- Do NOT take Lasix (Furosemide), Hydrochlorothiazide (HCTZ), Spironolactone, or other "water pills" the day of your procedure.
- Diabetics:**
 - Take ½ dose of diabetic medicine the night before your procedure.
 - DO NOT take any diabetic medicine the morning of your procedure.
- Continue blood pressure, heart and other prescription medicines except those listed above. *You may take these with a sip of water the morning of your procedure.*

2 Days Before Your Procedure

Increase your water intake (8 glasses of water is recommended). Light diet of soft foods.

The Day Before Your Procedure

Drink only clear liquids all day- **NO reds or purples**

• *Suggestions:*

- Apple or white grape juice
- Chicken or beef broth
- Coffee, tea or water
- Soda
- Kool-Aid®
- Gatorade®
- JELL-O®
- Popsicles
- Hard candy

At 5 p.m., mix and drink your first dose of SUPREP.

1. Pour one 6-ounce bottle of SUPREP liquid into the mixing container.
 2. Add cool drinking water to the 16-ounce line on the container and mix.
 3. Drink ALL the liquid in the container.
 4. You must drink two more 16-ounce containers of water in the next hour.
- Stay close to a bathroom once you start the medicine. It works quickly. Your belly may feel full, you may feel sick to your stomach, and you may even throw up.

The Day Of Your Test

Do not drink anything 4 hours before your test, **except:**

- 3 hours before you check in at the hospital, mix and drink your second dose of SUPREP (repeat steps 1-4 above using the other 6 oz. bottle).

No smoking the morning of surgery! (No smoking, vaping, chewing, dipping)

Helpful Hints

- May refrigerate liquid or pour over ice after mixing
- May use a straw to drink
- It's okay to add a flavor packet
- **Optional:** You may want to use a barrier cream to your bottom such as Desitin, A&D ointment or similar product to help prevent irritation.

Office Follow-up Visit