

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.

Miralax Prep

Preparing For Your Colonoscopy

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 Lisinopril 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.*

You Will Need

- 4 Dulcolax (Bisacodyl) laxative tablets (each tablet is 5 mg)
- 238 gram bottle of Miralax (may be generic)
- 64 ounces of Gatorade – **No reds;** (you may use water instead)
- **Optional:** you may want to get a barrier cream such as Desitin or A&D ointment to put on your bottom to help prevent irritation

No prescription is needed for any of the above – these are all available **over-the-counter**

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 for the whole day - **NO reds**

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

In the morning, mix the entire contents of the Miralax powder with the Gatorade. You may put the solution in the refrigerator, but it is not necessary.

- **At Noon:** Take 4 Dulcolax (Bisacodyl) laxative tablets with 2-3 cups of water
- **At 3 p.m.:** Start drinking your solution of Gatorade/Miralax
 - It is best to drink an 8 ounce glass (1 cup) every 15 minutes. It will take about 2 hours to drink the entire prep solution. Continue drinking clear liquids after you finish the solution.
 - If you have bloating, cramping, nausea or vomiting, take a 15-30 minute break and then start drinking the solution again.
 - Do not drink anything 4 hours before your procedure.

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

Miralax and Gatorade has not been proven safe for patients with a history of congestive heart failure, cardiomyopathy, or with renal failure (on dialysis). These patients should use the Golytely prep or Suprep.

Office Follow-up Visit as needed