



## **SKYLINE HOSPITAL SURGICAL SERVICES** **PRE-PROCEDURE INFORMATION**

*Call 509-637-2814, Monday through Thursday, 7 am to 3 pm, if you have any questions regarding your endoscopy or colonoscopy. We are not open on weekends. If you have questions on the weekend, you will need to call your referring doctor.*

### **Scheduling**

Skyline Hospital will be calling you to schedule your procedure as soon as they receive the referral from the doctor. The procedure may require prior authorization from your insurance company. A nurse will review your chart and contact you prior to your procedure to give you specific instructions at that time including when to arrive.

### **Transportation : It is important to have an adult driver available for you to and from your procedure.**

Your driver will need to be available within 20-30 minutes of a phone call from discharge nurse, or in the hospital, ready to take you home when discharged. Due to the medication given for the procedure, you will be unable to leave the hospital by yourself, and it will not be safe for you to drive. If a driver is unavailable on the day of the procedure, your procedure will need to be re-scheduled.

## Preparing For Your Colonoscopy

**Day prior** to colonoscopy:

- Begin your clear liquid diet first thing in the morning. No solid foods day prior to colonoscopy.
- Early evening (about 16 hours before your scheduled arrival time) begin your prep. Please, do not have any solid food the entire day prior to your colonoscopy regardless of the prep you choose.
- **Suprep** Bowel Prep Kit option: Follow directions on box with the exception of having a light breakfast. It is a split dose prep with two steps. Begin first step 16 hours prior to appointment, second step is 4 hours prior to your appointment time.

- **or** -

- **Miralax** prep: (THIS IS ANOTHER OPTION IF YOU CHOOSE NOT TO USE SUPREP) These may be purchased over the counter. You will need the following:
  - 238 gram bottle of Miralax powder
  - 64 ounce bottle of sports drink such as Gatorade, Propel, or Powerade.
  - Four 5 mg Dulcolax/bisacodyl tablets.
  - Around 4 pm take the four 5mg tablets.
  - Mix the entire bottle of Miralax in 64 ounces of the sports drink and put in refrigerator.
  - Around 6 pm drink 32 ounces of Miralax mixture. Save the other 32 ounces for later.
  - 5 hours prior to your appointment time, set alarm and get up to drink the other 32 ounces of Miralax mixture.

Please continue to drink clear liquids up to two hours prior to your appointment, then stop. You may brush your teeth.

### **Clear Liquid Diet - A minimal amount of 80 ounces (10 cups)**

A clear liquid diet helps maintain adequate hydration, provides some important electrolytes, such as sodium and potassium, and gives some energy. The following foods are clear liquids that are encouraged prior to procedure:

- Plain water
- Apple juice and white grape juice
- Lemonade without pulp
- Broth
- Clear sodas
- Sports drinks without red or blue/purple coloring
- Plain gelatin
- Honey
- Ice pops without fruit or fruit pulp without red or blue/purple coloring
- Tea or coffee without cream

Avoid any liquids not listed above. **Avoid all solid foods the entire day** prior to your colonoscopy.

>10 cups Successful prep Significantly more likely (OR, 0.90; 95% CI, 0-11)	< 7 cups Inadequate prep significantly more likely (OR, 3.62; 95% CI, 2.65 – 4.95)
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***Volume of fluid consumed was key factor in adequate bowel preparation.***

CI, confidence interval; OR, odds ratio.

## **Pre-Procedural Medication Instructions**

Continue taking all medication as prescribed with a sip of water the morning of your procedure unless it is on the specific medication list below.

Specific medications:

1. **Warfarin** (Coumadin) - Many people take warfarin for a history of atrial fibrillation or a prior blood clot. Most people can safely stop warfarin for 5 days prior to their procedure. If you take warfarin for mechanical heart valve or have a history of stroke, you need to find out from your doctor if they would like you to stop taking this medication prior to having this procedure.
2. **Xarelto** - (Rivaroxaban), Eliquis (Apixaban), Savaysa (Edoxaban), or Pradaxa (Dabigatran) - These can generally be safely stopped 24 hours prior to your procedure. If in doubt, please ask your doctor.
3. **Plavix** – Please ask your doctor.
4. **Aspirin** – Please continue taking as prescribed.
5. **Any anti-coagulant** not listed here that you are taking, please ask your doctor.
6. **Blood pressure medications** and heart rate medications, take as prescribed.
7. Do not take any recreational drugs, including Marijuana, for 24 hours prior to your procedure. These drugs can interfere with your sedation.
8. **Supplements:**  
For one week prior to procedure/surgery, DO NOT TAKE: Iron pills, Valerian Root, Garlic, Ginger, or Ginkgo Biloba. These supplements can interfere with your sedation or increase risk for bleeding.
9. **Diabetic oral medications**, do not take the day of surgery.
10. **Insulin**, do not take any the day of your procedure.
11. **Long-acting Insulin** Take one-half of regular dose the night before your procedure.

If you have any questions about which medications you should or should not take, please contact the doctor that referred you for the colonoscopy.

## **SURGERY – UNDERSTANDING YOUR BILL**

In preparation for your procedure or surgery, we want you to understand how you will be billed for the services you receive. The success of your surgery depends on a team effort by many dedicated professionals at Skyline Hospital.

Skyline Hospital will submit the bill to your insurance carrier and will assist if problems arise. You may be required to supply pertinent billing information that the insurer may request. Example: coordination of benefits forms, accident forms, etc.

Depending on your specific surgery or procedure, you will receive at least two separate bills and possibly more. We do realize that multiple bills can be confusing. Please call our office for assistance at 509-493-1101. Our billing staff will do their best to assist you.

*Physician's Bill:* Physician services fee will be billed to your insurance.

*Facility Bill:* A facility bill will be issued by Skyline Hospital to your insurance. This bill includes staff, supplies, and equipment used for the services provided by the facility.

*Anesthetist's Bill:* An anesthetist services fee will be billed to your insurance as they provide the anesthesia you receive during your surgery/procedure.

*Pathology/Laboratory Bill:* This may include charges for biopsies or any necessary pre-procedure labs. These could come from another facility or laboratory.

**Understanding your insurance:** We recommend that you contact your insurance company to make sure that these providers and facilities are preferred providers under your individual insurance plan. Most commercial insurance plans have deductibles and/or co-pays that you need to understand as they will be billed to you afterwards.

Skyline Hospital will make every effort to help you resolve your insurance claims. Please do not hesitate to call us at 509-493-1101 with any questions.

## **Pre-Procedural Instructions for Endoscopy**

Unless specifically instructed otherwise by your doctor, take all your medications as prescribed at least two hours prior to your procedure with a sip of water.

Below are instructions for some specific medications. If you have questions about any medications, make sure you have clear instructions from your doctor or the doctor doing your procedure regarding stopping or continuing or reducing these medications:

***If you take blood thinners*** -- these medications require special consideration. If you take one of these medications make sure you have clear instruction from your doctor or the doctor doing your procedure about stopping or continuing these medications.

- Warfarin (Coumadin) – most people take warfarin for a history of atrial fibrillation or a prior blood clot and can safely stop warfarin for 5 days prior to their procedure. If you take Warfarin for a mechanical heart valve or have a history of stroke, you need to find out from your physician what to do. Do not just stop taking it. If in doubt, please ask your doctor.
- Xarelto (Rivaroxaban), Eliquis (Apixaban), Savaysa (Edoxaban), or Pradaxa (Dabigatran) – These can generally be stopped 24 hours prior to your procedure. If in doubt, please ask your doctor.
- Plavix – Please ask your doctor.

***If you are diabetic:*** Do not take any diabetes pills the day of your procedure.

- Do not take any insulin the day of your procedure.
- Take one-half of your long-acting insulin the night before your procedure.

***Herbs and miscellaneous medications:***

- Do not take Valerian Root, Garlic, Ginger, or Gingko Biloba for one week prior to your procedure. These supplements can interfere with your sedation and cause bleeding.
- Do not take Iron pills for one week prior to your procedure.

Do not take any recreational drugs, including Marijuana, for 24 hours.