



SKYLINE HEALTH PRE-PROCEDURE PATIENT INFORMATION

Call 509-637-2814, Monday through Thursday, 7 a.m. to 3 p.m., if you have any questions regarding your endoscopy or colonoscopy. Outside of these hours, please call the clinic at 509-637-2810 with any questions. We are not open on weekends. If you have questions on the weekend, please call your referring doctor.

Scheduling

Skyline Health 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. Colonoscopy start times are in the morning between 7 a.m. and noon. A nurse will review your chart and contact you prior to your procedure to give you specific instructions, 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 Skyline Health, ready to take you home when discharged. Due to the medication given for the procedure, you will be unable to leave Skyline Health 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

Seven Days prior to colonoscopy:

- Stop eating any nuts, seeds, corn or popcorn
- Drink 8 glasses of water daily

Day prior to colonoscopy:

- Begin your clear liquid diet first thing in the morning. No solid foods the day prior to colonoscopy.
- If you have a history of constipation, take Miralax® 17g in the morning and again at noon.
- 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.

Begin:

- **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.
- **SUTAB** Bowel Prep Kit® option: Follow directions on box, with the exception of having a light breakfast. This is a split dose (2-day) prep. You will take the tablets in two doses of 12 tablets each. Water must be consumed with each dose of SUTAB® and additional water must be consumed after each dose. Begin first step 16-hours prior to appointment time; second step is 6-hours prior to 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 5mg Dulcolax®/bisacodyl tablets.
 - Around 4 p.m., take the four 5mg tablets.
 - Mix the entire bottle of Miralax® in 64-ounces of the sports drink and put in refrigerator.
 - Around 6 p.m., 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.
- **GoLyte®, Colyte®, NuLyte®, TriLyte®:**
 - 16-hours before your appointment time, drink one 8-ounce glass of the solution. Continue drinking one 8-ounce glass of the solution every 10-15 minutes until the bottle is HALF empty (2 liters).
 - 4-hours prior to your appointment time drink one 8-ounce glass of the solution. Drink a glass of solution every 10-15-minutes until the second half of the bottle is empty (2 liters).
 - Store in refrigerator to keep chilled.

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.*

HELPFUL TIPS

- Please continue to drink clear liquids up to 2-hours prior to your appointment time, then stop. You may brush your teeth.
- Some people report the solution tastes worse when warm, so chilling it may help.
- Drinking with a straw placed far back on your tongue may help avoid any unpleasant taste. Hold your nose and drink as quickly as possible, sucking on a hard candy or slice of lemon after each glass may also help.
- Take a break: Anyone who experiences nausea or vomiting should take a 30-minute break before trying the drink again. If a person vomits, they should drink as much as possible and notify their health care provider as soon as possible.
- Stay near a toilet; you will have diarrhea. Ideally, your bowel movements will become either yellow or clear liquid after a complete prep.

- Feeling some abdominal cramping is normal.
- Petroleum jelly (Vaseline®) or using baby wipes may decrease skin irritation.
- During the prep: It is important you replace fluids and prevent dehydration by drinking large amounts of clear liquids until 2-hours before your colonoscopy.

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:

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.

1. **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.
2. **Plavix**® – Please ask your doctor.
3. **Aspirin** – Please continue taking as prescribed.
4. **Any anti-coagulant** please ask your doctor.
5. **Blood pressure medications** and **heart rate medications**, take as prescribed.
6. **Do not take any recreational drugs**, including marijuana, for 48-hours prior to your procedure. These drugs can interfere with your sedation.
7. **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.
8. **Diabetic oral medications**, do not take the day of surgery.
9. **Insulin**, do not take any the day of your procedure.
10. **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.

PRE-PROCEDURAL INSTRUCTIONS FOR ENDOSCOPY

Unless specifically instructed otherwise by your doctor, **take all your medications** as prescribed at least 2-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:

Blood thinner medications require special consideration. If you take one of these medications make sure you have clear instruction from your doctor or the doctor performing 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 ginkgo 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.

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 Health. Skyline Health 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 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 Health to your insurance. This bill includes staff, supplies and equipment used for the services provided by the facility.
- *Anesthetist’s Bill:* An anesthetist service 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 Health 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.