Thank you for choosing the PeaceHealth Sacred Heart Endoscopy Center. Our team commits to ensuring that every person receives safe, compassionate care; every time, every touch.

This guide was created to help you learn more about how to properly prepare for your upcoming procedure.

If you have any questions or concerns about your upcoming procedure or any of the information in this guide, we encourage you to call us at 541-222-6200. We will be happy to help you. You can also find more information online at www.peacehealth.org/gastrooregon.

This packet includes important instructions and information about your colonoscopy. Please read the entire packet.

SHMC Endoscopy Center at RiverBend Pavilion
PeaceHealth Sacred Heart Medical Center
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**PREPARING FOR A COLONOSCOPY**

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Your Colonoscopy

WHAT IS A COLONOSCOPY?
This is an examination of your lower GI tract (the colon). Under light but adequate sedation a flexible tube with a camera on the end is gently passed into the rectum and guided through the colon (large intestine). It is essential that your colon be very clean so that your doctor will be able to visualize any polyps or any other abnormalities. A tiny piece of tissue (called a biopsy) and or a polyp (growth) may be taken for examination under a microscope. Some polyps have the potential to turn into colon cancer, and removing polyps will help decrease that risk.

WILL I BE IN PAIN?
To ensure your comfort IV sedation is given during the exam. This is not general anesthesia. You will be able to breathe on your own and follow simple commands. Despite what you might have heard, the majority of people have very little difficulty with a colonoscopy. Discomfort similar to cramping may be felt when air is being introduced into the colon and from the stretching sensation from the scope. Some people even choose to have no sedation for their colonoscopy. Remember, this is to prevent the far greater pain of colon cancer!

DO I NEED SOMEONE TO DRIVE ME?
YES. Since you will be receiving sedation you may not drive until the day after your procedure. You must have a responsible adult friend or family member escort you to our office, be available during your colonoscopy and be in our recovery area at the time of discharge. It is the policy of PeaceHealth that you have a responsible adult accompany you home after your procedure. We will not proceed with your colonoscopy if your driver does not come to the reception area with you. This is for your safety.

IMPORTANT INSTRUCTIONS AND INFORMATION.
Please Read This Entire Packet
A member of our staff will call you one week prior to your procedure date to confirm your appointment, fax colon prep prescription to your pharmacy and answer any questions you might have. If you have diabetes, take a blood thinner or suffer from constipation, please tell the staff member when you receive your confirmation call. Please see (page 5) special instructions in the information packet.

If you do not receive a call from our staff a week prior to your procedure please call 541-222-6200.
Bowel Preparation

MOVIPREP BOWEL PREPARATION

Getting Ready

Purchase MoviPrep and magnesium citrate (10 oz) from your pharmacy. If you suffer from constipation also tell the pharmacist you need 2 Bisacodyl tablets and Miralax. Please only follow our bowel prep instructions. While shopping you may also want to pick up a can of Ensure/Boost or Glucerna, A&D ointment and flushable wet wipes.

5 Days Before Your Colonoscopy

- **Stop** all aspirin and aspirin products, including 81mg baby aspirin.
- **Stop** eating any foods containing seeds, nuts, whole grains or popcorn until after your colonoscopy.
- **Stop** taking iron supplements.
- **Stop** taking blood thinners. See page 5 for detailed information.
- If you suffer from constipation please see page 5.
- Remind the person accompanying you to your procedure of your appointment time.

2 Days Before Your Colonoscopy

- **Stop** all anti-inflammatories (NSAID’s) such as Advil, Motrin, ibuprofen, Aleve, and Naprosyn.
- If constipation is an issue for you please take Bisacodyl and Miralax per instructions from office staff or as directed on constipation handout in packet.

1 Day Prior to Your Colonoscopy

- If you have diabetes, please see page 5 for information about diabetic medications.

Clear liquids only today. Drink a variety of clear liquids (at least 64 oz) throughout the day.

Examples of liquids: Chicken or beef bouillon/broth, sports drinks (e.g., Gatorade), Crystal Light, ginger ale, soft drinks, tea, coffee (no milk or creamer), Jell-O, popsicles (no sherbet or fruit bars), apple juice, white grape juice and water. Avoid all red and purple Jell-O and juices. No alcohol while on a clear liquid diet.

- **Breakfast:** Clear liquids (may drink one can of Ensure/Boost or Glucerna at breakfast or lunch if feeling very hungry).
- **Lunch:** Clear liquids
- **Dinner:** Clear liquids
- **6:00 pm:** Mix MoviPrep 1 pouch A and 1 pouch B into container provided. Add water to the top line and mix to dissolve. Drink 8 oz of MoviPrep every 15 minutes until gone. (Some may prefer the taste better chilled). Afterwards, drink 16 oz of clear liquids.
- **8:00 pm:** Repeat above step with second Movipouch A & B.

Continue drinking clear liquids until bed time.

Day of Colonoscopy

Your last bowel movement should be pale yellow, looking like urine with no debris. If you continue to have bowel movements that are brown and/or have debris please drink entire bottle of magnesium citrate 4 hours before your check in time.

- **Hold** all medications except beta blockers, asthma and allergy medications.
- **Stop** all fluids. Do not have anything to drink 4 hours prior to your check in time.
Bowel Preparation

SUPREP BOWEL PREPARATION

Getting Ready
Purchase SuPrep and magnesium citrate from your pharmacy. If you suffer from constipation also tell the pharmacist you need 2 Bisacodyl tablets and Miralax. Please only follow our bowel prep instructions. (Disregard pharmacy instructions or insert instructions.) While at the pharmacy you may also want to pick up a can of Ensure/Boost or Glucerna, A&D ointment and flushable wet wipes.

5 Days Before Your Colonoscopy
- Stop all aspirin and aspirin products, including 81mg baby aspirin.
- Stop eating any foods containing seeds, nuts, whole grains or popcorn until after your colonoscopy.
- Stop taking iron supplements.
- Stop taking blood thinners. See page 5 for detailed information.
- If you suffer from constipation please see page 5.
- Remind the person accompanying you to your procedure of your appointment time.

2 Days Before Your Colonoscopy
- Stop all anti-inflammatories (NSAID’s) such as Advil, Motrin, ibuprofen, Aleve, and Naprosyn.
- If constipation is an issue for your please take Bisacodyl and Miralax per instructions from office staff or as directed on constipation handout in packet.

1 Day Prior to Your Colonoscopy
Clear liquids only today. Drink a variety of clear liquids (at least 64 oz) throughout the day.

Examples of liquids: Chicken or beef bouillons/broth, sports drinks (e.g., Gatorade), Crystal Light, ginger ale, soft drinks, tea, coffee (no milk or creamer), Jell-O, popsicles (no sherbet or fruit bars), apple juice, white grape juice and water. Avoid all red and purple Jell-O and juices. No alcohol while on a clear liquid diet.
- Breakfast: Clear liquids (may drink one can of Ensure/Boost or Glucerna at breakfast or lunch if feeling very hungry).
- Lunch: Clear liquids
- Dinner: Clear liquids
- 6:00 pm: Drink both doses of SuPrep. (Some may prefer the taste better chilled). Drink 32 oz of water or clear liquids over the next hour.

Continue drinking clear liquids until bed time.

Day of colonoscopy
Your last bowel movement should be pale yellow, looking like urine with no debris. If you continue to have bowel movements that are brown and/or have debris please drink entire bottle of magnesium citrate 4 hours before your check in time.
- Hold all medications except beta blockers, asthma and allergy medications.
- Stop all fluids. Do not have anything to drink 4 hours prior to your check in time.
Bowel Preparation

**TRILYTE OR NULYTELY BOWEL PREPARATION**

Getting Ready
Purchase Trilyte or Nulytely and magnesium citrate from your pharmacy. If you suffer from constipation also tell the pharmacist you need 2 Bisacodyl tablets and Miralax. **Please only follow our bowel prep instructions.** (Disregard pharmacy instructions or insert instructions.) While at the pharmacy you may also want to pick up a can of Ensure/Boost or Glucerna, A&D ointment and flushable wet wipes.

5 Days Before Your Colonoscopy
- **Stop** all aspirin and aspirin products, including 81mg baby aspirin.
- **Stop** eating any foods containing seeds, nuts, whole grains or popcorn until after your colonoscopy.
- **Stop** taking iron supplements.
- **Stop** taking blood thinners. See page 5 for detailed information.
- If you suffer from constipation please see page 5.
- Remind the person accompanying you to your procedure of your appointment time.

2 Days Before Your Colonoscopy
- **Stop** all anti-inflammatories (NSAID’s) such as Advil, Motrin, ibuprofen, Aleve, and Naprosyn.
- If constipation is an issue for your please take Bisacodyl and Miralax per instructions from office staff or as directed on constipation handout in packet.

1 Day Prior to Your Colonoscopy
**Clear liquids only today.** Drink a variety of clear liquids (at least 64 oz) throughout the day.

**Examples of liquids:** Chicken or beef bouillon/broth, sports drinks (e.g., Gatorade), Crystal Light, ginger ale, soft drinks, tea, coffee (no milk or creamer), Jell-O, popsicles (no sherbet or fruit bars), apple juice, white grape juice and water. **Avoid all red and purple Jell-O and juices.** No alcohol while on a clear liquid diet.

- **Breakfast:** Clear liquids (may drink one can of Ensure/Boost or Glucerna at breakfast or lunch if feeling very hungry).
- **Lunch:** Clear liquids
- **Dinner:** Clear liquids
- **6:00pm:** Mix prep. Drink 8 oz every 15 to 30 minutes until prep is all gone. (Some may prefer the taste better chilled).

Continue drinking clear liquids until bed time.

Day of Colonoscopy
Your last bowel movement should be pale yellow, looking like urine with no debris. If you continue to have bowel movements that are brown and/or have debris please drink entire bottle of magnesium citrate 4 hours before your check in time.

- **Hold** all medications except beta blockers, asthma and allergy medications.
- **Stop** all fluids. Do not have anything to drink 4 hours prior to your check in time.
Special Medication Instructions

PATIENTS WITH DIABETES

1 Day Prior to Your Procedure
- **Oral** diabetic medications must be **stopped** the day *before* and the day of your procedure.
- **Insulin** medications (this includes insulin pumps): take *half* your usual dose of insulin the day before your procedure.
- Test your blood sugar 3 to 4 times the day before procedure. Call the office if your blood sugar level is greater than 300 or less than 100.
- You may substitute Glucerna for Ensure or Boost.

Day of Your Procedure
- Hold your morning insulin the day of the procedure. Bring your insulin and supplies with you to the procedure.

*(If you are on both insulin and oral diabetic medications follow both instructions above.)*

If you have any question or concerns about your diabetic medicines please call the office at 541-222-6200.

PATIENTS ON BLOOD THINNING MEDICATIONS

If you take any medications to thin the blood such as Coumadin, Warfarin, Plavix, Pradaxa, Effient, Jantovan or Xarelto, you will need specific instructions when to stop these medications. Most patients will need to **stop** these medications 3 or more days prior to your procedure. A staff member will be calling to confirm your appointment and will go over your special instructions.

Coumadin/Warfarin patients will need to have PT-INR checked the morning before procedure. You will need to go to the lab on the first floor of our building half an hour prior to your arrival time to have your PT-INR drawn. The lab will have you hand carry your results to us when you check in for your procedure.

If you have any questions about stopping your blood thinners please call the office at 541-222-6200.

PATIENTS SUFFERING FROM CONSTIPATION

If you suffer from constipation, have hard bowel movements or have been on pain medications please let the staff member know when they call to confirm your appointment time. To increase the success of the prep you will need to take extra medications. (All available over the counter at your pharmacy.)

3 to 5 Days Prior to Your Procedure
- Take Miralax as directed by staff.

2 Days Prior to Your Procedure
- **12:00 Noon:** take one bisacodyl tablet
- **1:00 pm:** take another bisacodyl tablet
- **6:00 pm:** Drink 10 oz Magnesium Citrate

1 Day Prior to Your Procedure
- Take bowel prep as directed.

If you have any questions about constipation instructions please call the office at 541-222-6200.
Helpful Hints

We realize that a colonoscopy prep may not be the most glamorous process. However, when you have a colonoscopy, you are taking a proactive step toward prevention and/or early detection of colorectal cancer.

Your driver will need to be present at the time you check-in for your procedure. Double check with your driver to make sure they can stay in the unit while you are having your procedure.

Your bottom might become sore or raw from the frequent bowel movements, you can use moist flushable wipes and apply Vaseline or A&D ointment to your anal area to prevent irritation.

Tips to Make Drinking the Prep More Tolerable

■ After you mix your prep solution, chill it in the refrigerator for a few hours before drinking it (drink within 24 hours of mixing).
■ To decrease the bad taste, try drinking your prep solution with a straw.
■ Chase the prep with chicken bouillon or Sprite/7-Up.
■ If you start to feel bloated or feel like you are going to throw up, slow down the fluid intake, try walking around and get some fresh air.
■ You may start drinking your prep one hour earlier to fit your schedule.

Morning of Your Procedure

■ Okay to brush teeth and use mouthwash
■ May use gum/mints for dry mouth
■ Leave all valuables at home
■ Wear comfortable clothes and bring warm socks
■ Avoid using body lotions or heavy perfumes.
■ Remove any facial or tongue piercings.

Your preparation for your colonoscopy is a crucial part to a successful procedure. It is your responsibility to ensure that you complete the prep as instructed. Stool can block the doctor’s view of the walls of the colon which can result in having another colonoscopy sooner than planned or rescheduling your procedure.

Remember: do not eat or drink anything 4 hours before your procedure otherwise your appointment will be rescheduled.
Billing

Your procedure will be split into two bills, a Professional bill from PeaceHealth Medical Group and a Technical bill from PeaceHealth Sacred Heart Medical Center.

WHAT IS SPLIT BILLING REIMBURSEMENT?

Split billing reimbursement is a structure under which two separate bills are generated for a single service. Professional reimbursements go to the physician practice and technical reimbursements to the hospital facility.

- **Professional.** Billable services provided by physicians. These include physician consultation, a physician interpretation of a laboratory test.

- **Technical.** Billable services provided in a hospital setting. This includes procedures, labs, x-rays, and any other non-professional services.

Insurance benefits for a colonoscopy vary based on your insurance company and visit type. Screening colonoscopy procedures often have a lesser out of pocket charge, although if a polyp or tumor is found it may increase your expected cost. If there was any noted history related to previous findings the procedure would be coded as a diagnostic. It is important for you to contact your insurance company and ask what your benefit is for both screening and diagnostic.

For questions about your bills, please contact:

📞 877-202-3597 for clinic billing questions.

📞 800-873-8253 for hospital billing questions.