

For Patients With Blue Cross Blue Shield Insurance

Blue Cross Blue Shield does not cover an anesthesiologist providing sedation for colonoscopies. You will be asked to choose between two options. Please read the following descriptions prior to arrival for your procedure. Nursing staff will answer questions on arrival. **Please be assured that with either method, all measures will be taken to maximize your comfort and safety at all times.**

OPTION #1 Anesthetist-Administered Sedation

- Propofol is the drug used by the anesthesiologist.
- You can expect to be asleep throughout the procedure.
- You will not remember the procedure.
- The drug wears off quickly.
- There is a lesser chance of having side effects.
- It can cost from \$300 to \$450 out-of-pocket if your insurance does not cover the cost.
- The hospital's billing department can help set up payment plans.
- Insurance may cover the cost if you have certain medical conditions.

OPTION #2 Physician-Administered Sedation

- Versed and Fentanyl will be used.
- You may be awake and feel some of the procedure, or you may sleep through the entire procedure. It is difficult to predict how aware you will be during your procedure with this method.
- There is a greater chance of having some nausea / vomiting following the procedure.
- The physician and a nurse will monitor you while performing the procedure.
- This method is covered by all insurance companies.
- If we are unable to maintain your comfort after the maximum dose is administered, anesthesia will be called and Propofol will be given. You may be responsible to cover this cost.

*It is your responsibility to check with your health insurance company to see if the colonoscopy procedure needs to have prior authorization.

Color Chart



If you have any questions or are experiencing any problems with the prep, call Floyd Valley Healthcare at 712-546-3332 between 8:00 a.m. and 4:00 p.m.. After hours, please call 712-546-7871 or 1-800-642-6074.

Colonoscopy Patient Preparation Instructions

Date of Procedure: _____

Arrival Time: _____

Surgeon Performing the Procedure: _____

Colonoscopy video guide



Over the Counter Items to Purchase

- Dulcolax laxative tablets (4 tablets)
- MiraLAX (14 dose size)
- Sports drink (two 28- 32 oz. bottles). If preferred, MiraLAX can be mixed in water or other clear liquid beverages.
- Magnesium citrate (10 oz) *Use only if you have a history of constipation or had difficulty obtaining clear stools with a previous colonoscopy.

Clear Liquids

A liquid is considered clear if you can read something through it. Do not drink RED or PURPLE LIQUIDS.

- water
 - soda
 - broth
 - honey
 - Jell-O
- apple juice
 - black coffee
 - clear sports drinks
 - popsicles
 - hard candy

No corn, nuts or seeds 2 days prior to bowel preparation (prep).

Medications

STOP TAKING THESE MEDICATIONS

- Aspirin (Excedrin) products, ibuprofen and iron tablets: Stop taking one week before the procedure
- Weight loss medications: Stop 1-2 weeks before the procedure. Ask your provider.
Stop date _____

- Blood thinners:
Stop date _____
- Ask your provider about your diabetes medication.
- Medications to take:

- Medications to stop:

Scope Preparation

Upon waking up, start a CLEAR LIQUID DIET. NO SOLID FOODS. Mix Mirilax with your clear liquid and refrigerate.

Be sure to drink at least 12 tall (10-12 oz.) glasses of clear liquid throughout the day in addition to what you drink with your prep.

- 8:00 AM _____
- If you have a history of constipation or had difficulty obtaining clear stools with a previous colonoscopy, take a bottle of magnesium citrate (10 oz). You may take another bottle if your stools are not clear by 6:30 PM.

- 12:00 - 2:00 PM _____
- Take 2 dulcolax tablets
- 1:00 - 3:00 PM _____
- Mix ½ bottle of MiraLAX (7 doses) with large bottle of sports drink or clear liquid beverage of your choice. Drink 8 oz. every 20 minutes until gone.

- 4:30 - 6:30 PM _____
- Take 2 more Dulcolax tablets.
 - Mix ½ bottle of MiraLAX (7 doses) with large bottle of sports drink or clear liquid beverage of your choice. Drink 8 oz. every 20 minutes until gone.

- 6:30 PM until Midnight _____
- You may have a CLEAR LIQUID diet until midnight.

- After Midnight
- Water only after midnight.
 - Stop all clear liquids 4 hours before arrival.

Two-Day Prep

If your healthcare team instructs you to follow a two-day prep, complete the **Scope Preparation** instructions **two days before** your procedure, then repeat the **Scope Preparation** instructions **one day before** your procedure.

FAILURE TO FOLLOW THE PREPARATION INSTRUCTIONS WILL RESULT IN A CANCELLATION AND YOUR PROCEDURE WILL BE RESCHEDULED

Additional Information

- Do not use of tobacco products the day of your procedure including e-cigarettes and smokeless tobacco.
- The day of your colonoscopy, arrive at the west entrance and stop at the registration desk. After registering, you will be directed to the same day surgery unit (upper level).
- Expect to be at the hospital for a minimum of 2 hours.
- **You will not be allowed to drive after the colonoscopy procedure.** You may resume driving the next day. Make arrangements for a driver who is over 18 years of age. My driver will be: _____
- It is critical that you follow these instructions! The effectiveness of your colonoscopy in finding polyps and preventing cancer is largely dependent upon you completing an excellent colon preparation. Failure to take the prep as indicated may result in a poorly cleansed colon and possible cancellation or rescheduling of the procedure. Preparation quality is your responsibility.