Patient Instructions: Colonoscopy/EGD

General information:

- **Keep in mind!** Your ordered exam must be **completed within 6 months of your history and physical exam** with your primary provider.
- We recommend you contact your insurance company with any questions related to your coverage and financial responsibility for this exam prior to having it completed.
- **Colonoscopies ONLY: Your primary provider will send over a "prep" to your preferred pharmacy for you to pick up prior to your exam** (instructions on how and when to take it are below). If you have any issues with it not being at the pharmacy, please reach out to the providers office that ordered this exam for you for help.
- **You will need a ride home from the hospital on the day of your exam.**
- Bring insurance card, photo ID with you morning of exam.

Preparation:

	Colonoscopy (lower exam of large intestine, rectum)	**EGD** (upper exam of esophagus to stomach)
Recent Infections?	If recent bout of diverticulitis/colitis within 8 weeks of exam – please notify surgery department at 641-456-5032 ahead of exam day.	If recent upper respiratory infection within 8 weeks of exam – please notify surgery department at 641-456-5032 ahead of exam day.
Day Prior to Exam	**May have a light breakfast before 8 am.** (eggs, white bread/toast, cottage cheese, yogurt, coffee, tea) **After 8 am, clear liquids only!** (Water, juice, coffee (no milk or creamer), tea, broth, Jello, Gatorade, clear soda) ***-make sure to avoid red or purple dyes as well as alcohol during this time*** **5-6 pm –** Start **step 1** of your prep for your exam (see back of sheet), **continue clear liquids** No smoking, vaping or tobacco products after midnight.	**Nothing to eat or drink after midnight on the night before your exam.** No smoking, vaping or tobacco products after midnight.
Day of Exam	**5 hours before you are scheduled to arrive,** complete **step 2** of your prep for your exam (which is just a repeat of step 1). **Transition to NOTHING BY MOUTH AFTER COMPLETING THIS STEP.** **Arrive at the main entrance at the south side of the hospital (clinic entrance) to get registered.** **Registration will then bring you back to the waiting area for your exam.**	**Arrive at the main entrance at the south side of the hospital (clinic entrance) to get registered.** **Registration will then bring you back to the waiting area for your exam.**

Types of Prep for Colonoscopies:

SuTab (preferred by our providers)	**SuPrep** (Okayed by providers if unable to obtain SuTab)	**Golytely** (Used only if unable to tolerate SuTab or SuPrep)
Fill 16oz container with water Take (1) tab every 1-2 minutes drinking plenty of water with each tab. (All (12) tabs and 16oz of water should be gone within 20 minutes). Approximately 1 hour after finishing tablets, drink another 16oz glass of water over 30 minutes.	Pour 6oz bottle of SuPrep liquid into mixing container. Add cool water to the 16oz line on the container and mix well. Drink all the liquid over 30 minutes. Follow with (2) more 16oz glasses of water over the next hour.	Mix container as directed Drink 8oz cup every 10 minutes until the first half (step 1) or the second half (step 2) is gone.

*Your order for this exam will be sent to our prior authorization team to ensure insurance coverage for the exam (this step takes about a week). Once your exam is authorized, the order then goes to our surgical team to have anesthesia review to ensure you are a good candidate to have this exam preformed here at Frankin General Hospital (can take a week or so for review of your medical chart). After both those authorizations are completed and approved, the surgical team will be reaching out to you to schedule your exam (expect a call approximately 2 weeks after ordered by your physician).

Meds to hold, if needed:

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Date of Exam: _____ (You will get this date from surgery when they call you to select a date. Our providers Dr. VanBuren and Dr. Wilson perform this exam on Friday only so keep that in mind.)

Time of Arrival: _____ You will receive this time about 3-5 business days ahead of your scheduled procedure. During this call, our surgery nurses will review your medical history, give any specific instructions and answer any questions.