

# High Volume Colonoscopy Preparation

## Gastroenterology & Hepatology

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### Location:

Vail Valley Surgery Center  
320 Beard Creek Road  
Edwards, CO 81632  
(970) 569-7400

Date of colonoscopy: \_\_\_\_\_

Appointment time: \_\_\_\_\_

Check-in time: \_\_\_\_\_

Doctor: \_\_\_\_\_

**Please note, procedure time is subject to change up until the day before your scheduled procedure date.**

**Please read entire packet upon receipt to ensure proper planning and preparation for procedure.**

## SUMMARY OF PREPARATION INSTRUCTIONS

Additional information is detailed in the following pages.

### 2 WEEKS BEFORE COLONOSCOPY

- **READ PACKET IN ITS ENTIRETY.**
- **ARRANGE TRANSPORTATION:** You must have an adult friend or relative accompany you to your procedure and drive you home after your procedure. **You may not go home alone by taxi, bus, or Uber/Lyft.** The average time is 3-4 hours from drop off to pick up.
- **REVIEW MEDICATION GUIDELINES SECTION:** Certain medications will need to be held or temporarily discontinued before your procedure. Please consult with your prescribing provider and our clinical staff prior to stopping any medications.
- **REVIEW BILLING/INSURANCE SECTION:** Review the "Billing and Insurance" section to understand what to expect with costs associated with procedure, and questions to ask your insurance.
- **COMPLETE MEDICAL PASSPORT:** Review the "Surgery Center" section and complete your medical passport.

### 3 DAYS BEFORE COLONOSCOPY

- **START LOW RESIDUE DIET:** (Example: if your procedure is scheduled for Thursday; you will begin prep on Monday). A low residue diet limits high fiber foods.

### 1 DAY BEFORE COLONOSCOPY

- **START CLEAR LIQUID DIET:** You may ONLY consume clear liquids.
- **PREPARE YOUR PREP MIXTURE:** We recommend mixing your prep in the morning, so it is ready when it is time for you to consume.
- **TAKE FIRST DOSE OF PREP:** Start at 4pm. The prep will cause you to have diarrhea, so plan to be near a restroom while prepping for your procedure.

### DAY OF COLONOSCOPY

- **TAKE SECOND DOSE OF PREP:** Start 6 hours before procedure time (NOT check in time), consume the second dose of the prep.
- **NOTHING BY MOUTH 2 HOURS BEFORE PROCEDURE TIME.**

## Colonoscopy Shopping List:

- PEG-3350 (Miralax)- 476g- (or four 119g bottles)
- BISCODYL (Dulcolax) 5mg- (three 5mg tablets)
- SPORTS DRINK-128oz- (Gatorade, G2, GZero, any electrolyte mix-no red or purple)
- CLEAR LIQUIDS- (Clear liquids of choice, no red or purple)
- WET WIPES AND BARRIER CREAM- (optional-wet wipes and/or barrier cream such as A&D, Desitin- to relieve irritation)



## THREE DAYS BEFORE COLONOSCOPY:

(Example: If your procedure is scheduled for Thursday; you would begin your low fiber diet on Monday and continue through Tuesday. Wednesday you would begin clear liquid diet)

- **FOLLOW LOW FIBER DIET:** Eat only low-fiber foods, examples listed below. Stop fiber supplements if you take them. Continue low-fiber diet until you begin the clear liquid diet the day before your procedure.

TYPE OF FOOD OR DRINK	YES — OK to EAT THESE FOODS	NO — AVOID THESE FOODS
<b>Milk and dairy</b> 	<b>OK to eat:</b> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Cream</li> <li>• Hot chocolate</li> <li>• Buttermilk</li> <li>• Cream cheese</li> <li>• Yogurt</li> <li>• Sour cream</li> </ul>	<b>NO yogurt mixed with:</b> <ul style="list-style-type: none"> <li>• nuts, seeds, granola</li> <li>• fruit with skin or seeds (such as berries)</li> <li>• Cheese, limit milk products to 2 cups per day</li> </ul>

TYPE OF FOOD OR DRINK	YES — OK to EAT THESE FOODS	NO — AVOID THESE FOODS
<b>Desserts</b> 	<b>OK to eat:</b> <ul style="list-style-type: none"> <li>• Custard</li> <li>• Plain pudding</li> <li>• Ice cream</li> <li>• Sherbet or sorbet</li> <li>• Jell-O or gelatin without added fruit or red or purple dye</li> <li>• Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts</li> </ul>	<b>NO:</b> <ul style="list-style-type: none"> <li>• Coconut</li> <li>• Anything with seeds or nuts</li> <li>• Anything with added red or purple dye</li> <li>• Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts</li> </ul>

TYPE OF FOOD OR DRINK	YES — OK to EAT THESE FOODS	NO — AVOID THESE FOODS
<p><b>Bread and grains</b></p> 	<p><b>OK to eat:</b></p> <ul style="list-style-type: none"> <li>• Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta)</li> <li>• White rice</li> <li>• Plain crackers, such as Saltines</li> <li>• Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)</li> </ul>	<p><b>NO whole grains or high-fiber:</b></p> <ul style="list-style-type: none"> <li>• Brown or wild rice</li> <li>• Whole grain bread, rolls, pasta, or crackers</li> <li>• Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal)</li> <li>• Bread or cereal with nuts or seeds</li> </ul>
<p><b>Meat</b></p> 	<p><b>OK to eat:</b></p> <ul style="list-style-type: none"> <li>• Chicken</li> <li>• Turkey</li> <li>• Lamb</li> <li>• Lean pork</li> <li>• Veal</li> <li>• Fish and seafood</li> <li>• Eggs</li> <li>• Tofu</li> </ul>	<p><b>NO tough meat with gristle</b></p> <ul style="list-style-type: none"> <li>• Raw clams, oysters, shellfish with tough connective tissue. E.g. shrimp</li> </ul>
<p><b>Nuts, nut butter, seeds</b></p> 	<p><b>OK to eat:</b></p> <ul style="list-style-type: none"> <li>• Creamy (smooth) peanut or almond butter</li> </ul>	<p><b>NO nuts or seeds:</b></p> <ul style="list-style-type: none"> <li>• Nuts including peanuts, almonds, walnuts</li> <li>• Chunky nut butter</li> <li>• Seeds such as fennel, sesame, pumpkin, sunflower</li> </ul>
<p><b>Fats and oils</b></p> 	<p><b>OK to eat:</b></p> <ul style="list-style-type: none"> <li>• Butter</li> <li>• Margarine</li> <li>• Vegetable and other oils</li> <li>• Mayonnaise</li> <li>• Salad dressings made without seeds or nuts</li> </ul>	<p><b>NO salad dressing made with seeds or nuts</b></p>
<p><b>Soups</b></p> 	<p><b>OK to eat:</b></p> <ul style="list-style-type: none"> <li>• Broth, bouillon, consomme, and strained soups</li> <li>• Milk or cream-based soup, strained</li> </ul>	<p><b>No:</b></p> <ul style="list-style-type: none"> <li>• Unstrained soups</li> <li>• Chili</li> <li>• Lentil soup</li> <li>• Dried bean soup</li> <li>• Corn soup</li> <li>• Pea soup</li> </ul>

**TYPE OF FOOD OR DRINK**

**YES — OK to EAT THESE FOODS**

**NO — AVOID THESE FOODS**

**Legumes**



None allowed

**NO:**

- Dried peas (including split or black-eyed)
- Dried beans (including kidney, pinto, garbanzo/chickpea)
- Lentils
- Any other legume

**Fruits**



**OK to eat:**

- Fruit juice without pulp
- Applesauce
- Ripe cantaloupe and honeydew
- Ripe, peeled apricots and peaches
- Canned or cooked fruit without seeds or skin

**NO seeds, skin, membranes; or dried fruit:**

- Raw fruit with seeds, skin, or membranes (includes berries, pine apple, apples, oranges, watermelon)
- Any cooked or canned fruit with seeds or skin
- Raisins or other dried fruit

**Vegetables**



**OK for some if cooked or canned:**

- Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)
- Potatoes without skin
- Cucumbers without seeds or peel

**NO raw, skin, seeds, peel; or certain other vegetables:**

- Corn
- Potatoes with skin
- Tomatoes
- Cucumbers with seeds and peel
- Cooked cabbage or Brussels sprouts
- Green peas
- Summer and winter squash
- Lima beans
- Onions

**Drinks or beverages**



**OK to eat:**

- Coffee
- Tea
- Hot chocolate or cocoa
- Clear fruit drinks (no pulp)
- Soda and other carbonated beverages
- Ensure, Boost, or Enlive without added fiber

**NO:**

- Fruit or vegetable juice with pulp
- Beverages with red or purple dye
- No smoothies
- No alcohol

**Other**



**OK to eat:**

- Sugar
- Salt
- Jelly
- Honey
- Syrup
- Lemon juice

**NO:**

- Coconut
- Popcorn
- Jam
- Marmalade
- Relishes
- Pickles
- Olives
- Stone-ground mustard

## DAY BEFORE COLONOSCOPY:

- **Start Clear Liquid Diet: Clear liquids ONLY**

### EXAMPLES OF CLEAR LIQUIDS

Water, tea/coffee (no creamer-dairy or non-dairy), light colored fruit juices without pulp (e.g. apple, white grape, lemonade, white cranberry), clear broth (chicken, beef, or vegetable), clear carbonated beverages, Jell-O, popsicles.

**NO:** Alcoholic beverages, milk, smoothies, cream, orange juice, grapefruit juice, tomato juice.

**NOTHING WITH RED OR PURPLE COLOR OR DYE. It is important to stay hydrated during your prep.**  
**Drink clear liquids throughout the day in addition to the prep mixture.**

- **Prepare your prep.**

- Mix all PEG-3350 (MiraLAX) 476g with 128oz of sports drink/electrolyte drink. Shake until dissolved and refrigerate. You will drink 64oz of the mixture this evening and the remaining 64oz the morning of your procedure.



- **4:00PM:** Take three 5mg bisacodyl (Dulcolax) with 8oz of water.



- **6:00PM:** Drink one 8oz glass of the PEG-3350 (MiraLAX) mixture every 15 minutes until 32oz has been consumed. (You should finish all in about one hour).
- **8:00PM:** Drink one 8oz glass of PEG-3350 (MiraLAX) mixture every 15 minutes until 32oz is consumed. (You should be finished in about one hour.)

You will develop significant diarrhea after drinking the prep. Plan to be near a restroom. Most people experience mild bloating and abdominal cramps. This is normal. A successful colon prep will cause you to have clear yellow, liquid stools.  
Please finish your preparation regardless of stool color.

## MORNING OF COLONOSCOPY:

- **SIX HOURS** before your colonoscopy start-time (NOT check in time):
  - Drink one 8oz glass of PEG-3350 (MiraLAX) mixture every 15 minutes until 32oz is consumed. (Should be finished in about one hour)
- **FOUR HOURS** before your colonoscopy start-time:
  - Drink one 8oz glass of PEG-3350 (MiraLAX) mixture every 15 minutes until 32oz is consumed. (Should be finished in about one hour)

**TWO HOURS before your procedure: STOP DRINKING ALL LIQUIDS. NOTHING BY MOUTH**

## Medication Guidelines

**It is your responsibility to discuss the management of ANY medications you take, at least 2 weeks before the procedure, with your prescribing physician.**

### Important Health Considerations:

- **If you have an artificial heart valve, pacemaker, internal defibrillator, congestive heart failure, or a diagnosis of A-FIB,** please consult your cardiologist or referring provider, and our clinical team. Clearance may be required.
- **Have you had a joint replacement within the past 6 months?** Please consult with your surgeon regarding specific instructions. Our office will NOT prescribe prophylactic antibiotics. If your surgeon is requesting antibiotics, they will need to prescribe these.
- **Are you on blood thinners or antiplatelet medications?** If you are taking anticoagulants or antiplatelets, please consult with your prescriber to obtain instructions on how to take medication before your colonoscopy. **DO NOT stop taking blood thinners or antiplatelets without consulting your doctor.**
- **Do you have insulin dependent diabetes?** Please consult with your prescriber, as your insulin dose may need to be adjusted during your colonoscopy preparation.
- **Do you take a GLP1 Agonist?** If you take a GLP1-agonist for diabetes or weight loss, please note you MUST stop taking 15 days before your procedure. Please consult with your prescriber prior to stopping medication.

### Medication Considerations:

<b>APAs (antiplatelets agents)</b>	
Secondary prevention Aspirin (for patients with stents, CABG, or other vascular disease)	Continue as usual unless instructed to stop by your PCP or cardiologist.
Clopidogrel (Plavix)	Consult your prescribing provider.
<b>ANTICOAGULANTS</b>	
Warfarin (Coumadin), Rivaroxaban (Xarelto), Apixaban (Eliquis), Dabigatran (Pradaxa), Enoxaparin (Lovenox), Prasugrel (Effient), etc.	Consult Vail Health Anticoagulation Clinic at: 970.471.4948 <b>OR</b> Consult your prescribing provider
<b>DIABETIC MEDICATION</b>	
Humalog, Novolog, Humulin, lantus, levemir, etc.	Consult your prescribing provider.
GLP-1 agonist (Semaglutide, Ozempic, Trulicity, Victoza, Wegovy, etc.)	Anesthesia requires this be held for 15 days. Consult with your prescribing provider for management.

## Medications Not Allowed/Hold

GLP-1 AGONISTS (INJECTABLE)	
Semaglutide (Ozempic, Wegovy), Tirzepitide (Zepbound, Monjour), Dulaglutide (Trulicity), Exenatide (Byetta), Liraglutide (Victoza, Saxenda), etc.	Stop 15 days before. If taking for diabetes, please consult with your prescriber for management .
SGLT2 INHIBITORS	
Jardiance, Farxiga, Invokana, Brenzavvy, etc.	Stop 72 hours before-consult with prescriber.
ACE INHIBITORS	
Altace (ramipril), Avapro (irbesartan), Benazepril (Lotensin), Enalapril (Vasotec), Lisinopril (Prinivil, Zestril), etc.	Stop 24 hours before (if taking twice daily, may take AM dose the day before).
ANGIOTENSIN II Receptor Blockers	
Atacand (candesartan), Cozaar (losartan), Diovan (valsartan), Olmesartan, etc.	Stop 24 hours before (if taking twice daily, may take AM dose the day before).
BIGUANIDES	
Metformin	Stop 24 hours before (if taking twice daily, may take AM dose the day before).
DIURETICS WITH ACE-1 OR ARBS	
Hyzaar (HCTZ/losartan), HCTZ/benazepril, etc.	Stop 24 hours before.
GLP-1 AGONISTS (ORAL)	
Semaglutide	Stop 24 hours before.
HERBAL SUPPLEMENTS	
Garlic, Ginkgo-biloba, fish oil, etc.	Stop 7 days before surgery.
ANITPLATELETS	
Primary prevention Aspirin (patients with no cardiac/vascular history)	Stop 5 days before.
PHOSPHODIESTERASE INHIBITORS	
Viagra (sildenafil), Cialis (tadalafil)	Stop 48 hours before surgery, unless taking if for BPH, in which case continue as prescribed.

## Medication Allowed (continue as usual)

BETA BLOCKERS	CALCIUM CHANNEL BLOCKERS
Atenolol (Tenormin), Bystolic (nebivolol), Coreg (carvedilol), Labetalol, Metoprolol (Lopressor, Toprol-XL), Propranolol (Inderal, Inderal LA), Ziac (Bisoprolol/HCTZ), etc.	Amlodipine (Norvasc), Bystolic (nebivolol), Felodipine, Lotrel (amlodipine, Benazeprilat), Nifedipine (Adalat, Procardia), Verapamil (Calan, Isoptin, Verelan, Covera), etc.
ANTIARRHYTHMICS	GERD MEDICATIONS
Amiodarone (Cordarone), Flecainide (Tambocor), Multaq (dronedarone), Sotalol, etc .	Prilosec (omeprazole), Nexium (esomeprazole), Pepcid (famotidine), etc
DIURETICS (STANDALONE)	NSAIDS
HCTZ, Furosemide (Lasix), Spironolactone), etc.	Ibuprofen, naproxen, etc.
STATINS	THYROID MEDICATIONS
Atorvastatin, simvastatin, rosuvastatin, etc.	Levothyroxine, Synthroid, etc.
MAOIS	OTHER MEDICATIONS
Nardil, Emsam, Marplan, etc. ***Continue as usual, but notify anesthesia the day of your procedure***	Anticonvulsants, antipsychotics, anxiolytics, pain meds, immunosuppressants, Tylenol, suboxone/naltrexone, BPH meds, and asthma meds

## Billing Information and Insurance Benefits

**You may receive invoices from 4 separate entities associated with your procedure, including:**



**Professional Charges:** This includes billing/fees from the physician performing the procedure. Contact Colorado Mountain Medical (CMM) to discuss the associated fees. Phone: 970-363-5431.



**Facility Charges:** Edwards Surgery Center is a separate entity from CMM, and therefore you must speak directly with them to obtain information regarding facility fees. Phone: 970-569-7400.



**Anesthesia Charges:** Anesthesia services are provided by Anesthesia Partners of Colorado. Please contact them directly to discuss fees associated with anesthesia. Phone: 970-315-3858.



**Laboratory Charges:** If you have a polyp removed or a biopsy, the samples will be sent to Valley View Hospital for analysis. Please contact them directly to discuss fees associated with this analysis. Phone: 970-384-6888.

### Contacting Your Insurance Company

As a courtesy, we will call your insurance to verify your potential benefits and to obtain authorization for your upcoming procedure. Please keep in mind that benefits are not a guarantee of coverage and colonoscopy type can change during the procedure. For all procedures, you should be prepared to pay any amount up to your deductible, plus any applicable co-insurance amounts. We encourage you to contact your insurance company directly, to fully understand your benefits and any out-of-pocket costs for your procedure(s).



**Correct coding of a procedure is dictated by the ordering provider and your medical history. It is NOT dictated by your insurance company or insurance benefits.**

**We cannot change or remove diagnosis codes to get procedures covered under your preventive benefits.**

### Questions to consider when contacting insurance:

- Is the physician, facility, anesthesia, and laboratory in network?
- Is the procedure being processed as preventative, surveillance or diagnostic (see explanations on following page)?
- If a polyp or biopsy specimen is removed during my procedure, will this change my out-of-pocket responsibility?
- What is my deductible and how much have I met?

## Colonoscopy Categories

### ● Preventative/ Average Risk Colonoscopy Screening:

Colorectal cancer screening is recommended at age 45. A colonoscopy is considered screening if you are 45 years old or older; have not had a colonoscopy or ColoGuard test within the last 10 years; no gastrointestinal symptoms; and no personal or family history of colon polyps and/or colon cancer.

***Please note:*** A polyp/biopsy removal may change your screening benefit to a medical necessity benefit. Coverage may vary with insurance. Please contact your insurance company to inquire about this possibility prior to procedure.

### ● Surveillance/ High Risk Colonoscopy Screening:

Patients with a personal history of colon polyps and/or colon cancer, family history of colon polyps and/or colon cancer, personal history of Crohn's disease, or ulcerative colitis fall under this category. You may need to repeat a colonoscopy every 2-7 years for surveillance purposes. Not all insurance companies cover 100% of these procedures and may be applicable to your deductible/coinsurance.

### ● Diagnostic Colonoscopy:

Patients with gastrointestinal symptoms, and/or active gastrointestinal disease. It is considered a medical procedure, and not preventative/screening and will be applicable to your deductible/coinsurance.

### ● EGDs:

This is a diagnostic procedure and will potentially be applicable to your deductible/copy.

## Please Note

A good bowel prep is essential for an accurate and successful procedure. Following instructions closely will help maximize the ease, safety, and success of your preparation. A successful colon prep will cause you to have clear yellow liquid stools. If an incomplete/poor bowel prep occurs, your doctor may request to repeat your procedure. **Your insurance most likely will NOT cover a second procedure.**

**If you have any questions regarding scheduling, please call our schedulers at 970-363-5431.**

**If you have any questions regarding the prep, you can call our clinical staff at 970-363-5376.**

## Cancellation Policy

To modify or cancel your appointment, please contact our scheduling team at (970) 363-5431 at least **five days prior to your scheduled procedure** to avoid incurring a **No-Show/Cancellation Fee of \$100**.

Additionally, please ensure that your bowel preparation is complete before arriving at the procedure unit. If the bowel is not adequately cleansed, your procedure will need to be rescheduled to ensure the accuracy and quality of your examination. Contact the surgery center the morning of the procedure if your bowel prep is not complete. Phone: 970-569-7400.

Thank you for your understanding.

## Illness Requirements

Patients must be symptom free from any illness 24 hours prior to their scheduled procedure. If the illness is COVID, we ask that you are symptom free for 10 days prior to your scheduled procedure. Or symptoms free 24 hours prior to your procedure AND test negative.

Additionally, all ride/caregivers entering the surgery center must also be free of symptoms of COVID-19, have no positive tests in the previous 10 days, and may not have a test pending.

## Procedure Results

Results from your procedure(s) will be communicated via Colorado Mountain Medical's Patient Portal (Please note: This is **NOT** the same application as the One Medical Passport through the Vail Valley Surgery Center). If you do not have an account, please set this up by visiting the following link: [www.CMMHealth.org/Portal](http://www.CMMHealth.org/Portal).

- Click "I need to sign up" this will take you through the account set up. **An access code will be required; this will be the year of your birth. Ex: 1970.**

If you have questions or need additional support with CMMs Patient Portal, please contact:

### TECHNICAL SUPPORT

**Support Hotline:** (888) 670-9775

**Email:** [Patientsupport@FollowMyHealth.com](mailto:Patientsupport@FollowMyHealth.com)

**Knowledge Base:** <http://support.followmyhealth.com>

**Hours of Service:** Monday – Friday, 6 AM – 6 PM MST.



**VAIL VALLEY SURGERY CENTER  
EDWARDS**

320 Beard Creek Road  
Edwards, CO 81632  
Ph: 970-569-7400



## Online Patient History Instructions

Welcome to the Vail Valley Surgery Center Edwards. We're very pleased that you and your physician have chosen us to care for you. Our center requests that you fill out your medical history online with **One Medical Passport as soon as your procedure has been scheduled**. Once you do this, a Pre-surgical Planning nurse will be able to access the information you entered and help prepare you for your procedure.

Be sure to have the following information available before starting your Medical Passport:

- Your health insurance information.
- The names, addresses and phone numbers of your physicians.
- A list of all medications you are taking, their dosage and frequency.
- A list of surgical procedures you have ever had and their approximate dates.

**Patients can expect a phone call from a Pre-surgical Planning nurse 1-3 days prior to their procedure to review any pertinent information.**

***If you are not able to complete your history online, please note that you will be required to complete paperwork at registration.***

### **One Medical Passport**

New users log into [www.onemedicalpassport.com](http://www.onemedicalpassport.com) , create an account, user name and complete your health history.

If you have already registered or have an account go to [www.onemedicalpassport.com](http://www.onemedicalpassport.com).

Enter the username you created when you registered and click 'NEXT'. Enter your password and click 'NEXT'.

Select the 'Medical Facility and Physician' option and click 'NEXT'. Your previous medical history will populate the form.

Continue to follow the prompts until completed

### About [One Medical Passport](#)

Completing a *One Medical Passport* medical history online is easy. For most patients, filling out the entire questionnaire takes less than 30 minutes. Please fill out the questionnaire accurately, and be assured that all of your information is kept confidential and will be thoroughly reviewed by your medical team. At any time, you can quit filling out the questionnaire and come back and complete the unfinished portion at a more convenient time.

*One Medical Passport* is a website that allows you to enter your information at any time from anywhere. You can also print out a copy of your medical history after you create it online and keep it with you or with your other health care documents, as well as have access to it online anytime you need it or want to update it