2325 Coronado Street | Idaho Falls, ID 83404

Scheduling: 208.557.2715 | Endoscopy Department: 208.557.2736

**OPEN ACCESS Screening Colonoscopy Bowel Prep – Mountain View Hospital**

Mountain View Hospital (MVH) is pleased to offer OPEN ACCESS Screening Colonoscopy, another great service for our patients. OPEN ACCESS Screening Colonoscopy saves you time and money by eliminating an extra appointment with the provider performing your procedure. A General Surgeon or a Gastroenterologist will perform the procedure, so you know you are in good hands. Your provider’s clinic will assist you with scheduling your procedure or with your procedure order and history & physical. To schedule your screening colonoscopy, please call MVH’s Scheduling Department at 208.557.2715.

Please arrive 90 - minutes prior to your scheduled appointment time to complete the necessary paperwork. You will need to check-in at the admissions desk at MVH’s main lobby. Remember to bring your ID (i.e. driver’s license) and insurance cards. If you have Medicaid for insurance, please bring a copy of the Medicaid referral form from your physician to your appointment.

***IMPORTANT*:** One week before your procedure, please read and follow the Bowel Prep Instructions very carefully. Begin the diet restrictions outlined below *3 days prior* to starting your bowel prep. For more information or questions about the bowel prep, please call 208.557.2736. If we are not available to answer your call, please leave your name and your phone number with a short message. Your call will be returned before the end of the next business day.

Thank you for choosing MVH’s OPEN ACCESS Screening Colonoscopy program.

***Bowel Prep instructions located within the next few pages.***
Questions: Please Call 208.557.2736

**MVH Open Access Screening Colonoscopy Program participating providers & days of operation:**

MVH’s Open Access Screening Colonoscopy Program is open Monday through Friday.

Call our scheduling department for availability at 208-557-2715.

**Idaho Falls Surgical Specialists Providers**

Eric Baird, MD

David Chamberlain, DO

Brodi Smith, DO

Michael Cross, MD

**Brett McBride General Surgery**

Brett McBride, DO

**Grand Teton Gastroenterology Providers**

Clint Behrend, MD

Larry Evans, DO

Paul Hendrix, MD

Ned Warner, DO

Todd Williams, MD

Michael Richins, DO

Grand Teton Gastroenterologists

Eric Baird, MD

David Chamberlain, DO

Grand Teton Gastroenterologists

Brodi Smith, DO

Idaho Falls Surgical Specialists

**MVH’s Open Access Screening Colonoscopy Bowel Prep**

**preparations and Instructions:**

By following the preparation directions and instructions for the bowel prep, your physician will be able to perform the colonoscopy with the least amount of complications and obstructions.

**ONE WEEK PRIOR TO PROCEDURE:**

*About certain medications*: If you are on any blood thinners or anti-platelet medications, such as: Eliquis (Apixaban), Xarelto (Rivaroxaban), Warfarin (Coumadin), Prasugrel (Effient), Plavix (Clopidogrel), Asprin and Aggrenox (Dipyridamole) you will need to contact your prescribing provider about your upcoming colonoscopy. Your prescribing provider will give you instruction on how to safely stop and restart these medications. If you see a cardiologist for any reason, you will need a medical clearance from them in order to move forward with your procedure. Please have your cardiologist fax your medical clearance to MVH at 208.557.2888.

**THREE DAYS PRIOR TO PROCEDURE:**

*Please avoid eating* seeds, nuts, vegetables and fruits with skin like apple skins, potato skins, peppers, onions, tomatoes, lettuce, corn, peas or beans, oatmeal, rice, whole grain bread and popcorn.

*You may have* any meats, poultry or fish, eggs, dairy, pasta, bananas, melons, apple sauce, avocados, potatoes without the skin and squash without the skin or seeds white breads, crackers without seeds, and plain potato chips.

A representative from MVH will call you about a week before your procedure to discuss the bowel prep instructions and also review your health. If you have not received a call from us, please call at 208.557.2736. If there is no answer, please leave a message with your full name, and a good phone number at which we may reach you. Your call will be returned by the next business day.

**THE DAY BEFORE THE PROCEDURE:**

Please *only have a clear liquid diet the full day with no solid food prior to your procedure* *beginning first thing in the morning*. Any food that you can see through that is liquid is okay. Avoid all food or drink with the color of red or purple, as it can complicate your procedure. Do not drink or eat dairy products, juices with pulp and alcoholic beverages. It is extremely important to drink lots of clear liquids the day before your procedure as it will help decrease cramping during the bowel prep process. You may drink clear liquids up until 2 hours before your scheduled time.
***Below is a list of foods that ARE okay to have***:

• Clear Ensure
• Apple juice
• Popsicles - ***No RED, PURPLE or Dark in COLOR***.
• Orange juice (without pulp)
• Gatorade – **Clear or Light Only**. ***No RED, PURPLE or Dark in COLOR***.
• Soda (Pop) including Coke, Pepsi, Dr. Pepper, Ginger Ale, etc.
• Herbal tea
• Coffee without creamer or milk
• Hard candies
• Jell-O without fruit or topping - ***No RED, PURPLE or Dark in COLOR***.

**Bowel Prep Instructions – The Day Before the Procedure continued**

* Instructions for Bowel Prep
	+ Day *before* your procedure:
		1. Pour 1 – 6oz bottle of Bowel Prep liquid in the mixing container.
		2. Add water to the 16oz line on the container and mix.
		3. Drink ALL the liquid in the container.
		4. IMPORTANT – You **MUST** drink two (2) 16oz containers of water over the next hour.
	+ Day *of* your procedure - 6 hours before your procedure time:
		1. Pour the remaining – 6oz bottle of Bowel Prep liquid in the mixing container.
		2. Add water to the 16oz line on the container and mix.
		3. Drink ALL the liquid in the container.
		4. IMPORTANT – You **MUST** drink two (2) 16oz containers of water over the next hour.
* You may continue to have clear liquids up to two hours before your procedure time. Make sure to not eat or drink any more fluids 2 hours before your procedure time. (For example, if your procedure is at 7:00am, set your alarm for 1:00am and drink the remaining 6oz bottle of Bowel Prep and two (2) 16oz containers of water (see above for instructions). Finish drinking the prep and all clear liquids by 5:00am).

It is important to **COMPLETE BOTH DOSES OF BOWEL PREP**, even after your bowel movements are clear. If you do not finish the prep, your appointment may need to be rescheduled.

The pre-procedure call nurse will talk with you about taking your medications that day.

Contact the nurses at MVH at 208.557.2736 if you have any questions or concerns. Make sure and leave a message if there is no answer.

***Important - Please remember the following information when planning for your procedure***:

You will need someone to drive you to MVH and stay with you then drive you home afterward. After the procedure you may feel gassy and bloated. This is normal and should cease within 24 hours. Wear loose, comfortable clothing. Please arrive at least 90 - minutes prior to your appointment time. Please also bring your insurance card with you.

**Scheduling Department**:

208.557.2715 - Monday through Thursday – 7:30AM to 5:30PM; Friday 7:30AM to 5:00PM

*Call if you need to schedule your procedure and/or to reschedule your procedure*

If you receive a Voice Message, please leave a message with your name and best phone number and your call will be returned be the end of the next business day.

**Endoscopy Department**:

208.557.2736 - Monday through Thursday – 6:00AM to 3:00PM; Friday 6:00AM to 12:00PM

*Call with any questions regarding your Bowel Prep or upcoming Procedure*

If you receive a Voice Message, please leave a message with your name and best phone number and your call will be returned be the end of the next business day.