



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 primary care provider's (PCP) clinic will send the order and necessary documents to start the process. After reviewing your procedure documents a scheduling specialist will contact you to schedule your screening colonoscopy. If it's been longer than two weeks, please call MVH's Scheduling Department at 208.557.2715.

Please arrive 90 - minutes prior to your scheduled appointment time to ensure enough time for necessary preparations for your procedure. 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 card(s). If you have Medicare/Medicaid Dual insurance plan, please bring a copy of the referral form from your physician to your appointment and provide it to the admissions clerk while checking-in for your procedure.

IMPORTANT: One week before your procedure, pick up your Bowel Prep from your pharmacy. Read and follow the Bowel Prep Instructions 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.

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, DO

Grand Teton Gastroenterology Providers

Larry Evans, DO
Paul Hendrix, MD
Ned Warner, DO
Todd Williams, MD
M. Scott Richins, DO
Clint Behrend, MD

Bowel Prep instructions are located within the next few pages.

Questions: Please Call 208.557.2736

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), Aspirin 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 medical clearance from them in order to move forward with your procedure. Please have your cardiologist fax your medical clearance to MVH at 208.557.2739.

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 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 review your health. If you have not received a call from us, please call 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.* Any clear liquid that you can see through 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) includes 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 (Sodium Sulfate/Potassium Sulfate/Magnesium Sulfate)
- 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 – Five (5) 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 not to 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 Bowel Prep by 2:00am and stop all clear liquids at 5:00am.]
- If you are taking a GLP-1 (Glucagon-like Peptide-1) medications such as: Semaglutide (Ozempic, Rybelsus, Wegovy), Liraglutide (Victoza, Saxenda), tirzepatide (Mounjaro, Zepbound), Dulaglutide (Trulicity), and exenatide (Byetta, Bydureon) special considerations apply. For your safety, a strict 24-hour, or longer, clear liquid diet is required. If you are not compliant with this guideline, your procedure will be rescheduled. Please call 208.557.2736 to review these special considerations with the pre-op call nurse.

It is important to **COMPLETE BOTH DOSES OF BOWEL PREP**, even after your bowel movements are clear. If you do not finish the Bowel 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 must arrange for someone to drive you to and from your procedure at MVH as you will not be allowed to drive yourself. In addition, please ensure someone is available to stay with you at home for the recommended period after your procedure.

It is normal to feel gassy and bloated afterward; these symptoms typically resolve within 24 hours. We recommend wearing loose, comfortable clothing.

Please arrive at least 90 - minutes before your scheduled appointment to allow time for check-in. Be sure to bring your photo ID and insurance card(s) with you.

MVH 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 by the end of the next business day.

MVH 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 by the end of the next business day.

Understanding Your Colonoscopy and Possible Costs

The reason for your colonoscopy affects whether it is fully covered by insurance or if you may have out-of-pocket costs.

Screening Colonoscopy (Preventive)

- Done for routine prevention
 - No symptoms and no personal history of polyps or colon cancer
- Coverage: Often covered at little to no cost under preventive benefits

Surveillance Colonoscopy (Follow-up)

- Done if you have a history of polyps, colon cancer, or certain GI conditions
 - Usually repeated on 3- and 5- year intervals
- Coverage: May not be considered preventive; deductibles or co-pays may apply

Diagnostic Colonoscopy

- Done to evaluate symptoms (such as pain, bleeding, or bowel changes)
- Coverage: Not preventive; out-of-pocket costs are likely

Important

- Your provider determines the type based on your medical history and reason for the exam
- Coverage is determined by your insurance plan
- You may have a cost depending on how the procedure is classified
- If during a *Screening Colonoscopy* polyps are found, they will be removed. This will change your procedure from “screening” to “diagnostic” for billing purposes, but a modifier will be added to show it started as a screening.

Coverage: Insurance will usually still treat this as preventive with the modifier, so most or all the cost may be covered, but you may owe a small portion depending on your plan.

What You Can Do

- Contact your insurance company to confirm how the procedure will be covered
- Ask if it is considered screening, surveillance, or diagnostic
- Call Mountain View Hospital's Patient Financial Services for an estimate at 208-557-2710