

IMPORTANT – PLEASE READ CAREFULLY

Your colonoscopy procedure is scheduled for: _____

With Dr. _____

Check in time: _____

Procedure time: _____

Location: _____ Boise Endoscopy Center, 425 West Bannock St, Boise
_____ Meridian Endoscopy Center, 2235 East Gala St, Meridian
_____ Canyon County Endoscopy Center, 1216 Garrity Boulevard, Nampa
_____ St. Luke's Boise Regional Med Center, 190 E. Bannock St, Boise (Main hospital entrance. Out-patient Registration)
_____ St. Luke's Meridian Medical Center, 520 S. Eagle Rd, Meridian (Eagle Road entrance. Out-patient Registration)
_____ St. Luke's Nampa Medical Center, 9850 W. St. Luke's Dr, Nampa (Main hospital entrance. Out-patient Registration)

MEDICAL INSTRUCTION

- Do not consume anything by mouth 3.5 hours prior to your procedure (Step 7 should be done within 30 minutes).
- If you do not have regular, daily bowel movements, or are on a GLP1 medication, purchase additional Miralax over the counter and drink **2 capfuls of Miralax every night for 5 days** prior to your procedure to have a successful exam.
- If you take a **prescribed blood thinner**, you will need holding instructions from our office.
- If you have **diabetes** or are taking medications for weight loss, use the following instructions:
 - Insulin Pump: Leave on, if you have questions refer to your endocrinologist.
 - Long-acting Insulin: half dose the evening before procedure. Do not take the morning of your procedure.
 - Short-acting insulin: dose as necessary with blood sugar monitoring.
 - Oral diabetic medication: do not take the morning of your procedure.
 - GLP1: Do not take the day of your procedure (may take day before or day after).

FOR YOUR PROCEDURE

- 5 Days before: No nuts or seeds. Stop all iron supplements, fish oil, CBD oil, or any oil-based supplements.
- You will be sedated for your procedure and will need a driver to take you home. If your driver wishes to discuss the results of your procedure with the doctor, please have them remain on site.
- You will not be able to drive, work, operate equipment or anything else that requires judgement or reflexes for the rest of the day.
- If you have any questions or concerns, please call the office at **208.343.6458**.



ORDERING INSTRUCTIONS FOR COLONOSCOPY PREP

Happy Colon Foods is a low residue one day prep kit with 3 small meals, 3 snacks, tasteless laxatives and colorless electrolyte drink mixes with a unique dosing schedule that eliminates unwanted side effects.

Order your kit at least **SEVEN BUSINESS DAYS** prior to your procedure to ensure you receive your kit in time.

Provider Code: **IDIG22**

☐ Prep Kit with Laxatives

TO ORDER

ONLINE: Visit **HappyColonFoods.com**; click "**Order Now**" at top of page and follow steps to complete order.

PHONE: Prefer to place your order by phone? Call **(855) 423-6637 M-F 9am – 5pm CST**



Please Note

- The day before you prep, follow the "foods to avoid" guidelines in the kit's instruction booklet. It can also be found on the website at happycolonfoods.com/diet-recommendations
- While prepping, eat only the food in the kit. Do not substitute, change the order of, or add food
- Finish Step 7 of the Happy colon instruction within 30 minutes to ensure an empty stomach before procedure

For ALL prep questions contact Happy Colon Foods 24/7 at **855-423-6637**

Helpful Tips:

- Do NOT drink any fluids 3.5 hours prior to your exam.
- You do not have to eat all the food in the kit but you do need to drink all the laxatives. You must complete your entire bowel prep. We often see poor bowel preparations because patients stop drinking fluid.
- If you finish the whole prep and your stool is brown, thick, or not clear call us for advice.
- If you are nauseated or vomit with the prep, stop drinking to allow your stomach to settle before continuing.
- You may not remember your conversation with your doctor after your procedure – we STRONGLY recommend your driver stays IN our facility to speak with the doctor after your test.

Your procedure time will be approximately 90 minutes from the scheduled check-in time to discharge for procedures in the Meridian, Boise, and Canyon County Endoscopy Centers. Please coordinate with your driver to alleviate delays in discharge. Patients' stay times for hospital procedures may be longer.

We cannot be responsible for your valuables (*watches or various jewelry items*). Please leave them at home.

Bring all insurance cards and a photo ID with you. Please check with your insurance company regarding prior authorization. Fee for services is required at time of check-in. Please be prepared to make a payment.

IGA recognizes that your time is valuable, and so is ours. If you need to cancel or reschedule an appointment, please do so more than 48 hours prior to your scheduled appointment arrival time at 208-343-6458. Late cancellations and no shows may be assessed a \$200 fee.