

Follow all of the instructions in this handout EXACTLY as they are written:

- * **You must have a driver with a valid driver's license for this procedure.** You may not take public transportation, taxi or bus unless accompanied by someone 18 years or older. Ride hailing apps or ridesharing services such as Uber or Lyft are not an accepted form of transportation.
- Drivers are not permitted in the surgical area. Drivers are asked to wait in the lobby or parking area.
- Please bring with you: a list of your current medications, your insurance card(s), and your photo ID
- Please leave all valuables at home. However, please wear hearing aids (if needed) and comfortable, loose-fitting clothing.
- The use of cell phones and tablets is allowed in the waiting area. However, cell phones and tablets are not allowed after you are brought into the patient care area for your procedure, and must be turned off until after discharge.

THE TEST WILL BE CANCELLED IF:

- You have no one to drive you home.
- If you do not follow prep instructions as directed.
- If you eat ANY food or drink any fluids including water after midnight the day of your test except, Miralax solution as directed.

DIABETIC INSTRUCTIONS:

You will need a blend of products with and without sugar on hand at home to keep your blood glucose in balance during the preparation period (see clear liquid list)

If you have diabetes:

- **and take a pill to lower your sugar, do not take it on the day of your procedure
- **and are taking regular insulin or NPH, do not take it on the day of your procedure
- **and are taking any other insulin preparation such as Lantus, Humalog, or 70/30 insulin it is recommended to take a 1/2 dose the evening prior to your procedure and HOLD dose the day of your procedure.

7 DAYS BEFORE YOUR PROCEDURE:

- **Instructions for patients taking weekly diabetic medication for diabetes management or weight loss such as:
 - *Wegovy
 - *Dulaglutide (Trulicity)
 - *Exenatide Extended Release (Bydureon BCise)
 - *Lixisenatide (Adlyxin, Ozempic, Rybelsus)
 - *Exenatide (Byetta)
 - *Liraglutide (Victoza)
 - *Tirzepatide (Mounjaro)

Diabetes Management: Hold injection 7 days prior to procedure if approved by prescribing physician

Weight Management: Hold medication 7 days prior to procedure

5 DAYS BEFORE YOUR PROCEDURE:

- Iron/multi vitamins: Stop iron (ferrous sulfate) or vitamins containing iron
- Fiber supplements: Stop fiber supplements such as Metamucil, Citracal
- Try not to eat raw fruits and raw vegetables. Stop eating nuts, small seeds and popcorn

3 DAYS BEFORE YOUR PROCEDURE:

- If you use a blood thinner named Coumadin, Warfarin, or Jantoven you will need special instructions about stopping this drug before the procedure. Timing of this is very important.
- Blood Thinners-- Aggrenox, Arixtra, Brilinta, Effient, ELIQUIS, Plavix, Pletal, Pradaxa, Ticlid, Xarelto or any blood thinner (anticoagulant) or anti-platelet drugs: most patients need to stop taking 3 days prior to procedure Please speak with your prescribing physician before stopping this medication
- Aspirin or NSAID's: should be stopped 3 days prior to procedure

1 DAY BEFORE YOUR PROCEDURE:

- **LIGHT BREAKFAST, SUCH AS TOAST AND COFFEE BEFORE 8:00 AM.**
- **AFTER 8:00 AM, CLEAR LIQUID DIET ONLY.**
- Follow colonoscopy prep instructions attached to this packet

DAY OF YOUR PROCEDURE:

Please bring with you: a list of your current medications, your insurance card, and your photo ID. Leave all valuables at home.

- **Do NOT eat or drink ANYTHING after midnight the day of your appointment except, Miralax solution as directed.** This is for your safety and will reduce the risk of having food or liquid in your stomach move into your lungs (aspiration) during the procedure.
- **Do not** use breath mints or hard candy on the day of your procedure. You may brush your teeth
- Blood pressure medications: please take the morning of the procedure, with a sip of water, or you may bring them with you to take after discharge if needed
- Inhalers: take as prescribed if needed in the morning. You may bring your inhaler with you to your appointment if you feel you may need it after discharge.
- If you have an ileostomy or colostomy: bring an extra appliance/colostomy supply with you.
- In the event that you require emergency medical care beyond the capabilities of the endoscopy staff, you will be transported to the Emergency Room at Wayne Memorial Hospital

CONTACT INSTRUCTIONS

Please wear eyeglasses the day of the procedure. We ask that you do not wear contacts the day of your procedure. If this is not possible, bring appropriate storage for contacts as you will be asked to remove them prior to your procedure.

DENTURE INSTRUCTIONS:

You can wear dentures the day of your procedure. Please **DO NOT** use adhesive on dentures the day of the procedure as you will be required to remove them prior to procedure.

BODY/FACIAL PIERCINGS: Need to be removed prior to procedure.

SMOKERS:

Please do not smoke cigarettes, cigars or pipes, chew tobacco, vape or use e-cigarettes, or marijuana for 24 hours prior to your procedure.

AFTER YOUR PROCEDURE:

* You **CAN NOT** return to work or drive the same day of your procedure.

Miralax Split-dose Prep Guide:

Supplies

- 1 - 238 gm bottle of Miralax
- 4 - Dulcolax 5 mg tablets
- 64 ounces of Gatorade (No red or purple)
- 2 - Simethicone tablets (gas drops)

Clear Liquid Suggestions:

- Gatorade, Pedialyte, or Powerade
- Coffee or tea without creamer
- Carbonated and non-carbonated soft drinks
- Kool-Aid or other fruit flavored drinks
- Apple juice, white cranberry, or white grape juice
- Jell-O, popsicles
- Chicken, beef, or vegetable broth

DO NOT DRINK ANYTHING RED OR PURPLE

Guide for Morning Procedures

Follow these instructions if you are scheduled to **arrive at or BEFORE 11:00 A.M.**

The day before your procedure:

- Before **8:00 AM**: You may have a light breakfast, such as toast and coffee.
 - **After 8:00 AM**: You may only have clear liquids.
 - At 3:00 PM: Take 4 Dulcolax tablets with 8 ounces of water. Swallow the tablets whole with a full glass of water.
 - Increase your fluid intake to at least 6-8 glasses of clear liquids today. This will help lessen stomach cramping.
 - Mix the entire bottle of Miralax powder with 238 GM with 64 ounces of Gatorade or another sports drink or Apple juice until dissolved then refrigerate.
 - **Starting at 5:00 PM**: Begin drinking the Miralax/Gatorade mixture at a rate of one 8-ounce cup every 15 to 30 minutes, until you drink a total of **6 cups (or 48 oz)**.
 - **Keep the remaining mixture in the refrigerator to be completed tomorrow morning at 4 AM prior to your procedure.**
 - After you finish drinking the Miralax mixture, take 1 simethicone tablet.
 - You may continue to drink clear liquids until midnight.
 - Bloating and nausea are common after the first few glasses of Miralax, this is temporary and will improve once bowel movements start.
- Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30 to 90-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- Stomach cramping and diarrhea are normal from taking the prep.
 - Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens, treated with over-the-counter remedies, such as hydrocortisone cream, baby wipes, Vaseline, or Tucks pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Please do not use suppositories.

On the day of your procedure:

- At **4:00 AM**: Begin drinking the remaining Miralax mixture. **You must finish the drinking mixture by 5:00 AM.**
- **DO NOT drink any fluids including water, after 5:00 AM.**
- After you finish drinking the mixture take 1 simethicone tablet.
- Please do not take blood thinners the day of your procedure.
- You may take your medications with a small sip of water.
- You may brush your teeth.

Guide for Afternoon Procedures

Follow these instructions if you are scheduled to **arrive AFTER 11:00 AM**

The day before your procedure:

- Before **8:00 AM**: You may have a light breakfast, such as toast and coffee.
 - **After 8:00 AM**: You may only have clear liquids.
 - Increase your fluid intake to at least 6-8 glasses of clear liquids today. This will help lessen stomach cramping.
 - **At 3:00 PM**: Take 4 Dulcolax tablets with 8 ounces of water. Swallow the tablets whole with a full glass of water.
 - Mix the entire bottle of Miralax powder with 238 GM with 64 ounces of Gatorade or another sports drink or Apple juice until dissolved then refrigerate.
 - **Starting at 5:00 PM**: Begin drinking the Miralax/Gatorade mixture at a rate of one 8-ounce cup every 15 to 30 minutes, until you drink a total of **6 cups (or 48 oz)**.
 - **Keep the remaining mixture in the refrigerator to be completed tomorrow morning starting at 6 AM.**
 - After you finish drinking the Miralax take 1 simethicone tablet.
 - You may continue to drink clear liquids until midnight.
 - Bloating and nausea are common after the first few glasses of Miralax, this is temporary and will improve once bowel movements start.
- Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30 to 90-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- Stomach cramping and diarrhea are normal from taking the prep.
 - Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens, treated with over-the-counter remedies, such as hydrocortisone cream, baby wipes, Vaseline, or Tucks pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Please do not use suppositories.

On the day of your procedure:

- **At 6:00 AM**: Begin drinking the remaining Miralax mixture. **You must finish the drinking the prep by 7:00 AM.**
- **DO NOT drink any fluids including water, after 7:00 AM.**
- After you finish drinking the Miralax take 1 simethicone tablet.
- Please do NOT take blood thinners the day of your procedure.
- You may take your medications with a small sip of water.
- You may brush your teeth.

(COLONOSCOPY CODES RANGE FROM 45378-45385)

1. **STATEMENTS** - You will receive separate bills from the following companies:
 - *Northeastern Gastroenterology - Physician fee and Pathology fee (professional and/or technical component)
 - *Mountain Laurel Surgery Center or CHS Facilities - Facility fee
 - *Keystone Medical Lab - Pathology fee (technical component)

2. **CANCELLATION NOTICE** - Northeastern Gastroenterology and Mountain Laurel Surgery Center require 24 hours notice. There will be a fee of \$100.00 for Mountain Laurel Surgery Center for all tests not canceled in advance.

3. **REFERRAL** - **IF** your insurance requires a referral from your Primary Care Physician, please be sure to bring the referral with you at the time of your scheduled visit **OR** the physician's office can fax the referral directly to us.

4. **PRECERTIFICATION** -**IF** your insurance plan requires a precertification for a colonoscopy (PROCEDURE CODES 45378-45385) being done at an ambulatory surgical center or a hospital, please let us know and we will contact your insurance carrier to obtain it.

5. **SCREENING COLONOSCOPIES** - If your insurance plan has a wellness package, you **need** to let our billing department know prior to your procedure the answers to the following questions:
 - A. Does your plan cover colonoscopy screenings? (A screening means you are having no problems that would warrant a colonoscopy for diagnostic reasons)

 - B. How often does your plan allow you to have a screening?

PLEASE NOTE- A screening colonoscopy will change to a diagnostic colonoscopy if a biopsy is done

PLEASE KEEP IN MIND THAT YOUR INSURANCE POLICY IS A CONTRACT BETWEEN YOU AND YOUR INSURANCE COMPANY. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT OUR BILLING DEPARTMENT AT 570-253-3391