

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

- **You must have a driver with a valid drivers license for this procedure.** You may not take public transportation, taxi or bus unless accompanied by someone 18 years of age 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.
- Please leave all valuables at home. However, please wear hearing aids (if needed) and comfortable.
- 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 the day of test and drink any fluids including water after midnight before or prior to the test.

**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 patient's taking weekly diabetic medication, for Diabetes management or Weight loss such as:**

Wegovy

Trulicity (Dulaglutide)

Bydureon

Ozempic

Mounjaro (Tirzepatide)

**Diabetes Management:** Hold injection 7 days prior to procedure if approved by prescribing physician **AND** a full liquid diet the day prior.

**Weight loss patients:** Hold medication 7 days prior to procedure **AND** a full liquid diet the day prior.

- A full liquid diet consists of all liquids on clear liquid diet with addition of milk, ice cream, yogurt and/or pudding.\*

**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:**

- 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 ANYTHING after midnight the night before your appointment.** This is for your safety and will reduce the risk of having food or liquid in your stomach move into your lungs (aspiration) during a 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

## **FLEXIBLE SIGMOIDOSCOPY WITH OR WITHOUT HEMORRHOID BANDING**

### **Supplies:**

2- TwoFleet Enemas, or similar generic brand products available in most supermarkets and all drug stores, prior to the day of the procedure.

### **ON THE DAY OF YOUR PROCEDURE:**

1. If you take diabetic medication, please **DO NOT** take it.
2. Take a fleet enema (as described on the package) two (2) hours prior to your arrival time, then take another fleet enema one(1) hour before your scheduled arrival time.
3. If you take medicine for your heart, blood pressure or seizures, you may take it with a sip of water.
4. Wear loose comfortable clothing and leave jewelry and other valuables at home. **PLEASE BRING YOUR INSURANCE CARDS AND PHOTO ID.**
5. Arrive at your scheduled "arrival time". As we give optimal care to each of our patients, we strive to be "on time" but delays may occur. Please be patient if there is a waiting period before your procedure.

***IF you need to CANCEL YOUR APPOINTMENT, PLEASE CALL OUR OFFICE: 570-253-3391***

# IMPORTANT BILLING INFORMATION

We accept and participate with many insurance companies. **HOWEVER**, there are many different policies and plans within each company. Certain insurance carriers do not charge you a deductible if you are having a "screening exam". Please verify your circumstance with your insurance carrier and notify us on the day of your colonoscopy.

**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.**

Precertifications- *If* your insurance requires precertification for a colonoscopy or upper GI endoscopy (EGD), please contact our office to precertify your test. (We do not routinely check for precertification because most of the better plans do not need one.)

If a test is scheduled, you may receive **separate** bills from the following companies:  
**Northeastern Gastroenterology Associates, PC**- Physician fee and Pathologist fee (professional component)

**Acupath Laboratories, Inc or Keystone Medical Lab**- Pathology fee (technical component)

**Mountain Laurel Surgery Center**- Facility fee

**Maple City Anesthesia** - Anesthesia Services

**Referral-** If your insurance company 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 have your doctor fax one over to us prior to your appointment).

**Cancellation notice-** Northeastern Gastroenterology and Mountain Laurel Surgery Center require a 24hr. cancellation notice. There will be a fee of \$100.00 for Mountain Laurel Surgery Center for all tests not cancelled in advance.