

FLEET ENEMA PREPARATION - FOR - FLEXIBLE SIGMOIDOSCOPY WITH OR WITHOUT HEMORRHOID BANDING

Purchase two (2) Fleet Enemas, or similar generic brand products available in most supermarkets and all drug stores, prior to the day of the procedure.

SEVEN DAYS PRIOR TO THE PROCEDURE: Do not eat any corn or popcorn. Discontinue fiber supplements: Metamucil, Citrucel, Fiberall, etc.

FIVE DAYS PRIOR TO THE PROCEDURE: Discontinue use of any iron pills or vitamins containing over 15 mg of iron. Also discontinue ALL Herbal Medications 5 days prior as well.

THREE DAYS PRIOR TO THE PROCEDURE: Discontinue use of any aspirin, Coumadin, Plavix, Vitamin E, Percodan, Alka Seltzer.

You must also stop any anti-inflammatory type drugs including: Vioxx, Celebrex, Bextra, Empirin, Bufferin, Ascriptin, Ibuprofen, Motrin, Advil, Midrin, Nuprin, Naprosyn, Sulindac, Clinoril, Piroxicam, Feldene, Aleve, Indomethacin, Voltaren, Indocin, and Diclofenac.

Patients that routinely take Coumadin, Plavix, and Aspirin will need to check with their physician that is prescribing these medications to make sure that it is OK with them to hold these medications 3 days prior to the procedure.

Tylenol and other brands that contain acetaminophen are safe to use prior to the procedure.

THE DAY BEFORE THE PROCEDURE: Nothing to eat or drink after midnight.

SMOKERS: DO NOT SMOKE for 12 hours prior to your 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.

YOU MUST BRING SOMEONE WITH YOU, who is responsible to drive you home and to assist you with follow-up care, since we sedate you for the procedure. (A taxi is not a designated driver.) Only one companion is necessary, and we ask that they stay at the facility during your procedure and recovery, which takes about 2 hours. You will not be able to drive a car, operate any machinery or go to work until the following day.

WHAT TO EXPECT ON THE DAY OF YOUR PROCEDURE

After you have registered for your endoscopy, you will be escorted to your pre-procedure cubicle, a nurse will take your health history, blood pressure, and start an intravenous line for medication. You will have the opportunity to speak with your examining physician before the procedure to answer any questions you may have. You will be sedated for the procedure that will take approximately 20-30 minutes. After the procedure you will remain at the center until you are more fully awake. **PLAN TO BE AT THE FACILITY 1 - 2 HOURS.** Please leave valuables (jewelry, money, etc.) at home.

If you have asthma and use an inhaler, use it as needed and bring it with you on the day of your procedure.

If you take controlled pain medicine, please take it on the day of your procedure.

In the unlikely event that you require emergency medical care beyond the capabilities of the endoscopy room, you will be transported to the emergency room at Wayne Memorial Hospital.

Due to the sedative effect of the medication given during the exam, the person you brought to drive you will need to review the test results and discharge instructions for you with your doctor.

***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- Physician fee
Caris Diagnostics or Wayne Memorial Hosp.- Pathology fee
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.