

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 appointment

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: NO SOLID FOOD. CLEAR LIQUIDS 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 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.

Colonoscopy with Miralax Preparation

ITEMS NEED FOR YOUR COLONOSCOPY PREP:

- * One bottle of miralax powder--238-- gram bottle
- * Dulcolax/Bisacodyl 5mgs tablets
- * Two 32 oz. bottles of Gatorade or any clear liquid such as iced tea, water, lemonade, or Crystal light.
- * Please no purple or red liquids.

CLEAR LIQUID DIET

- *Gatorade, Pedialyte, or Powerade
- *Coffee or tea (NO milk or non-dairy creamer)
- *Carbonated or non-carbonated soft drinks
- *Kool-aid or other fruit flavored drinks
- *Apple juice, white cranberry juice, or white grape juice
- *Jell-O, popsicles
- *Chicken, beef, or vegetable broth

NOT ALLOWED

- *Red or purple items of any kind
- *Alcohol
- *Milk or non-dairy creamers
- *Juice with pulp
- *Hard candy or gum
- *Any liquid you cannot see through

THE DAY BEFORE THE PROCEDURE:

7:00 am- Take 2 Dulcolax/Bisacodyl tablets

8:00 am- Mix ½bottle of Miralax in 32 ounces of Gatorade or clear liquid of your choice. Shake solution until the Miralax has dissolved. Drink an 8 oz. glass every 15-20 minutes until solution is gone.

12:00 (NOON)- Take an additional 2 Dulcolax/Bisacodyl tablets **if you weigh 150 pounds or greater.**

1:00 pm- Mix the remaining ½bottles of Miralax in 32 ounces of Gatorade or clear liquid of your choice. Shake the solution until the Miralax has dissolved. Drink an 8 oz. glass every 15-20 minutes until the solution is gone.

***If you experience bloating, nausea, or discomfort, SLOW DOWN, and allow more time.**

MORNING OF PROCEDURE:

NOTHING BY MOUTH (solid food or liquids) THE MORNING OF YOUR PROCEDURE.

If you take daily medication, you may have a sip of water with medication.

(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.