

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 CANCELED 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 the day 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 the evening before and 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.

Weight loss patients: Hold medication 7 days prior to procedure

- * Fiber supplements: Stop fiber supplements such as Metamucil, Citracal

5 DAYS BEFORE YOUR PROCEDURE:

- * Iron/multi vitamins: Stop iron (ferrous sulfate) or vitamins containing iron
- * 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. **Please speak with your prescribing physician before stopping these medications.**
- * 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 these medications.**
- * Aspirin or NSAID's: should be stopped 3 days prior to procedure.

1 DAY BEFORE YOUR PROCEDURE:

- * NO SOLID FOOD. CLEAR LIQUIDS ONLY. NO RED OR PURPLE LIQUIDS.
- * 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 day of 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:

All 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 GOLYTELY PREPARATION

ITEMS NEEDED FOR YOUR COLONOSCOPY PREP:

* One gallon jug of Golytely Prep (a prescription will be faxed to your pharmacy)

PLEASE NOTE: follow below instructions only, please do not follow the instructions given at the pharmacy.

* 2 Dulcolax/Bisacodyl 5 mgs tablets (available over the counter)

THE PREP:

**Add drinking water to the Golytely jug up to the indicated line near the top. Shake until powder is mixed with liquid and chill in the refrigerator

**12:00 NOON take 2 Dulcolax/Bisacodyl tablets with an 8oz. glass of water

**1:00pm--DRINK 1/2 GOLYTELY SOLUTION--- One 8oz. glass every 10-15 minutes. If you experience bloating, nausea or discomfort, SLOW DOWN and allow more time

**3:00pm--DRINK the other half of the Golytely Solution until gone

Be sure to drink all of the solution. Not completing the bowel prep may result in rescheduling your procedure. By the morning you should be having greenish-yellow to clear liquid bowel movements.

NOTE: It is common to experience abdominal discomfort until the stool has flushed from your colon. This may take 2 to 4 hours, sometimes significantly longer. If this occurs, continue drinking clear liquids until you have a bowel movement.

STOP drinking the bowel prep solution and contact our office, if you experience severe distention, pain, or vomiting

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 your medication.

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

MUST READ BILLING INFORMATION FOR YOUR COLONOSCOPY
(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 components)
 - ***Mountain Laurel Surgery Center** or **CHS Facilities** - Facility fee
 - ***Keystone Medical Lab** - Pathology fee (technical component--if biopsy is done)

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.