

## 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 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 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                                      | *Exenatide (Byetta)     |
| *Dulaglutide (Trulicity)                     | *Liraglutide (Victoza)  |
| *Exenatide Extended Release (Bydureon BCise) | *Tirzepatide (Mounjaro) |
| *Lixisenatide (Adlyxin, Ozempic, Rybelsus)   |                         |

**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, Metax, 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 drink 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:**

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 PREP WITH SENNA TABLETS

**\*\*Please read these instructions immediately\*\***

**Supplies:** You will need to purchase 30 tablets of Senna (8.6mg) or the generic Senokot (8.6mg) over the counter at your local pharmacy. DO NOT purchase Senna S or Senna Plus.

### Day before procedure:

**CLEAR liquids only, NO solid food until after your procedure.**

Step One:	Begin a clear, liquid diet upon awakening in the morning. <b>10:00 a.m.:</b> Take 15 (fifteen) Senna tablets. Continue to drink clear liquids.
Step Two:	<b>4:00 p.m.:</b> Take 15 (fifteen) Senna tablets. Continue to drink clear liquids.

**\*\*\*Increase your fluid intake to at least 6-8 glasses of clear liquids today. This will help the prep work better and decrease abdominal cramping. \*\*\***

- You may not have a bowel movement until after the second (4 p.m.) dose of Senna.
- You may experience some abdominal cramping. Rarely, people have vomiting with the prep. If this occurs, give yourself a 30-to-90-minute break, rinse your mouth or brush your teeth, then continue to drink clear liquids.
- This bowel cleanse works differently than other bowel cleanses you may have taken in the past. You may only have a few bowel movements with this cleanse. Your stool will gradually become a soft to liquid consistency with NO formed stool.
- **Please continue to drink clear liquids until MIDNIGHT.**

### 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

<u>CLEAR LIQUID DIET</u>	<u>NOT ALLOWED:</u>
*Gatorade, Pedialyte, or Powerade	*Red or purple items of any kind
*Coffee or tea (NO milk or non-dairy creamer)	*Alcohol
*Carbonated or non-carbonated soft drinks	*Milk or non-dairy creamers
*Kool-Aid or other fruit flavored drinks	*Juice with pulp
*Apple juice, white cranberry juice, or white grape juice	*Hard candy or gum
*Jell-O, popsicles	*Any liquid you cannot see through
*Chicken, beef, or vegetable broth	

**(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.**