

IMPORTANT THINGS TO KNOW:

*Please wear comfortable clothing and footwear to your procedure and leave all valuables including jewelry at home. No contact lenses.

*On the day of your procedure bring your ID, insurance card, and a current list of medications.

*Women of childbearing age will be asked for an urine sample prior to the procedure.

You **MUST** have a driver accompany you to your procedure and remain in the center until you are discharged. This is for your safety due to the lingering effects of sedation. This policy is enforced at each facility.

YOUR PROCEDURE WILL BE CANCELLED IF YOU DO NOT HAVE A DRIVER.

YOU MAY NOT USE PUBLIC TRANSPORTATION.

*You should not drive an automobile, work, drink alcohol or operate heavy machinery for at least 12 hours after the procedure due to sedation effects of the medications used during your procedure. You may resume normal activities the next day.

APPOINTMENT TIMES: You will be assessed in the morning and may be cancelled due to your medical status at that time. The staff strives to adhere to your appointment time, however delays may occur and we request your understanding of these delays.

CANCELLATION POLICY:

There will be a \$200.00 fee assessed to your account if you fail to cancel within three (3) business days prior to your procedure.

**You may receive bills from different offices, but all related to your procedure:

Pathology for polyps or biopsies, Anesthesiology for your anesthesia, the Facility where you have the procedure and the Physician performing the procedure.

If your insurance plan requires a referral for this procedure, you must have one delivered to our office, **one week prior to your procedure date or your procedure will be cancelled.

If your insurance plan changes, you must notify our office **one week prior to your procedure date or your procedure may be cancelled.

WHAT TO EXPECT THE DAY OF YOUR PROCEDURE:

- Shortly after arriving, a nurse will take you back for you to get changed and IV started.
- Once you are settled, your driver can come back and sit with you until you are taken to the Procedure Room
- Your driver should stay in the waiting room until after your procedure
- After your procedure, you will get dressed and have some crackers and water while you wait for the physician to speak with you about their findings. Your driver will be with you during this time.
- You will be taken out in a wheelchair due to anesthesia.

IMPORTANT FINANCIAL INFORMATION:

Colonoscopy categories:

Preventative Colonoscopy Screening: Patient is without symptoms and is 50 or older. Unless you are African American, in which case the guideline is 45. Or if you have a family history of colon cancer, in which case a screening can be performed 10 years prior to the age of the family member when diagnosed – mom, dad or siblings. (CPT 45378)

Surveillance Colonoscopy: Patient is without symptoms but may have a personal history of GI disease, colon polyps and/or cancer. Patients in this category are requested to undergo colonoscopy at shortened intervals (every 2-5 years).

Diagnostic Colonoscopy: Patient has current gastrointestinal symptoms, GI disease, iron deficiency anemia and/or any other abnormal tests. (CPT 45380)

IF YOUR COLONOSCOPY IS ORDERED BECAUSE OF A SYMPTOM, IT CANNOT BE BILLED AS A SCREENING.

A physician cannot change a diagnosis so that you can be eligible for a screening. If a diagnosis is documented on your record, that has to be included in the billing of the colonoscopy. If your insurance company tells you the doctor can change or add a CPT or diagnosis code, please get their name and phone number because this information is false! That is insurance fraud.

Preparing for your Colonoscopy Procedure with Miralax

*Review these instructions AGAIN
3 days before your procedure and
follow them carefully.*

Patient Name

Physician

Procedure Date

Pre-Op Arrival time

Procedure scheduler name

Phone _____

***Please arrive on time or your procedure
may need to be rescheduled.***



GASTROENTEROLOGY ASSOCIATES, PC

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Your procedure will be performed at:

- Gainesville Endoscopy Suite**
7915 Lake Manassas Drive, Ste 302
Gainesville, VA 20155
- Warrenton Endoscopy Suite**
170 W Shirley Ave, Ste 205
Warrenton, VA 20186
- Prince William Hospital**
8700 Sudley Road
Manassas, VA 20110
- Prince William Surgery Center**
8644 Sudley Road, Second Floor
Manassas, VA 20110
- Fauquier Hospital**
500 Hospital Drive
Warrenton, VA 20186
- Haymarket Hospital**
15225 Heathcote Boulevard
Haymarket, VA 20169

Diabetic Patients

- You may continue oral medications prior to the procedure. You must hold them the day of the procedure (until after exam is completed) unless directed otherwise.
- Insulin-Dependent diabetics should contact their internist or endocrinologist as insulin doses may need to be adjusted.

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PREP INSTRUCTIONS:

You must purchase 64 oz. of Gatorade in green, yellow or frosted. Optional purchase is peppermint candy.

SEVEN DAYS BEFORE PROCEDURE: _____

- If you have less than 3 bowel movements a week or a BMI over 35, start taking 1 capful (17 grams) of MIRALAX every morning.

FIVE DAYS BEFORE PROCEDURE: _____

- STOP eating foods with seeds, nuts, whole grains/ breads with seeds, and raw vegetables
- STOP eating corn, popcorn, bran or chia seeds
- STOP iron supplements, vitamin E, fish oil, Omega 3, Flax seed oil, and cod liver oil
- STOP Phentermine

THREE DAYS BEFORE PROCEDURE: _____

- STOP aspirin and anti-inflammatory medications: (Aleve, Advil, Motrin, Ibuprofen, NSAIDS, Naproxen, Excedrin, Bufferin, Plavix, Celebrex, etc.)

TYLENOL IS OKAY TO TAKE

- **At 6PM** – take 2 bisacodyl tablets
- **CONFIRM YOUR RIDE**

DO NOT OVEREAT FOR THE NEXT 2 DAYS

TWO DAYS BEFORE PROCEDURE: _____

- **At 6PM** – take 2 bisacodyl tablets

DAY BEFORE YOUR PROCEDURE: _____

In the morning, put Gatorade in the refrigerator

If your appointment is after 12:00 (noon), you may have a light breakfast before 9AM.

Clear liquids ALL day, unless your appointment is after noon tomorrow

CLEAR LIQUID DIET:

WATER, SPARKLING WATER
APPLE JUICE, WHITE GRAPE JUICE, GATORADE, ICED TEA, HOT TEA OR COFFEE (NO CREAM OR MILK), SODA, BROTH OR BOUILLON, JELLO, POPSICLES.



NO RED, PURPLE OR ORANGE DYE
IN ANYTHING YOU DRINK.

BE SURE TO DRINK AT LEAST 8-10 GLASSES OF
CLEAR LIQUIDS DURING THE DAY.

DAY BEFORE YOUR PROCEDURE: _____

AT 3:00 PM:

- Take 2 Bisacodyl tablets (beige pouch)

AT 5:00 PM: (Afternoon appointment start at 9:00 PM)

- Combine the two 32 oz. Gatorade bottles into one 64 oz. container. Mix the 238 gm. bottle of PEG 3350 (Miralax) with the chilled Gatorade. Shake and be sure powder is mixed completely. Divide into the two 32 oz. containers. You will drink one container now. Drink an 8 oz. glass every 10-15 minutes until the 32 oz. container is empty. Complete drinking this within one hour.

Suck on peppermint in between to settle your stomach

AT 8:00 PM:

- Take 2 Bisacodyl tablets (beige pouch)
- Drink 10 oz. bottle of Citrate of Magnesium

THE MORNING OF YOUR PROCEDURE:

Date: _____

AT 12:00 AM -midnight

(Afternoon appointment start at 5:00AM)

- Take 2 Simethicone tablets (yellow pouch)
- Drink other ½ of Gatorade mix as above

Complete drinking this within one hour.

If you take blood pressure or anxiety medications, you may take these with a sip of water in the morning.

YOU MAY HAVE NOTHING ELSE BY MOUTH UNTIL
AFTER YOUR PROCEDURE.

No water, smoking, chewing gum or candy.

Do not use any lotions or ointments. You may use baby wipes for any irritation.

ARRIVE AT THE FACILITY AT:

Double check the address where your procedure is scheduled.

Someone should stay with you for 24 hours.