



Llewellyn Kitchin, MD • Richard Sears, MD • Richard Nemec, MD • Grace Shih, MD •
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COLONOSCOPY PREP INSTRUCTIONS

EZ2go Prep Kit OR MIRALAX OR generic polyethylene glycol

Please read and follow instructions completely. A well prepped colon is necessary for your doctor to detect polyps and prevent cancer. Therefore, it is important to fully cleanse your colon prior to the colonoscopy.

If you test positive for COVID-19 within 21 days of your procedure, please call the office at 540-667-1244 to reschedule your procedure.

You will need to purchase either a prep kit from our office for the amount of \$20 OR you may buy the following over-the-counter items at your local drugstore:

- EZ2go bottle, Miralax bottle OR generic equivalent (polyethylene glycol) -8.3 ounces X2
- (4) Bisacodyl tablets, 5mg
- (3) 32oz bottles of Gatorade or similar sport re-hydration drink ****NO RED**** (If you are diabetic, please drink Powerade ZERO or Gatorade ZERO as these contain less sugar)

Please no nuts, seeds, popcorn, etc 2 days prior to your exam.

DAY ONE= one day BEFORE the colonoscopy appointment

7a.m.	<p>Eat a light breakfast. Pick <u>ONE</u> option: 2 cups plain yogurt (no fruit or granola), 1 cup cooked plain oatmeal (no fruit or cream), 4 egg whites, or 2 pieces white toast with butter.</p> <p>NO FURTHER SOLID FOOD UNTIL AFTER YOUR COLONOSCOPY</p>
12p.m.	<p>Take 4 Bisacodyl tablets with water</p>
4 p.m.	<p>Mix the 8.3 oz bottle of EZ2Go/Miralax/polyethylene glycol with 64 oz of Gatorade in a large pitcher</p> <p>Chill solution if desired</p> <p>Drink an 8oz glass of EZ2go/Miralax/polyethylene glycol and Gatorade solution every 15 minutes until mixture is gone</p>
6p.m	<p>Drink all Miralax/Gatorade solution by 6p.m.- this will prompt diarrhea.</p> <p>Continue drinking CLEAR liquids the remainder of the evening (**NO RED FLUIDS**)</p>

*Clear fluids include: water, sports drinks, broth, black coffee/tea, soda, clear fruit juices (no pulp), gelatin/jello

DAY TWO= day of colonoscopy appointment

**4 hours before your check-in time	<p>Take your morning medications as normal with a sip of water, except diabetes medications.</p>
	<p>Mix ½ bottle miralax with 32 oz, mix well drink until mixture is gone</p>
	<p>STOP drinking all clear liquids</p>
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COLONOSCOPY INFORMATION

If you cannot make your appointment time, please immediately notify us at 540-667-1244. This number is available afterhours for messages. Failure to notify us of your cancellation within 48 hours may result in a charge of \$75.00 to you.

- At Blue Ridge and Winchester Endoscopy, we may use an Anesthesiologist for sedation – you could incur an additional cost/bill for the Anesthesiologist. You will also receive a separate bill from Blue Ridge for the facility fee. If you do not have insurance, please call our office at (540) 667-1244 to make payment arrangements. We will contact your insurance carrier for pre-authorization; however, it is YOUR RESPONSIBILITY to check on the benefits for covered services from YOUR insurance carrier.
- Expect to spend 2.5 to 3 hours after your arrival. This time includes preparation as well as the procedure itself, and then time to adequately recover from the sedation. Keep in mind this time may vary due to unexpected delays.
- Since you will be sedated, you will need to arrange for someone to drive you home after the procedure. **If you do not have a driver your procedure will be cancelled. You cannot go home by cab or Uber unless you have a responsible party with you.** Your driver should wait for you in your room to listen to the doctor's comments.

ALL PATIENTS ARE TO DO THE FOLLOWING:

- Fill out your History and Physical form completely (front only).
- Do not stop any aspirin or blood thinners unless you are specifically told to do so by your physician.
- If you had total joint surgery within the past 3 months, please call our clinic at (540) 667-1244 to reschedule.
- If you are diabetic, you should typically take one-half of your typical nightly dose the night prior. You should hold your morning insulin and/or diabetes pill(s) on the morning of the procedure. They can be resumed once you start eating again.
- If taking Phentermine stop 7 days prior to your procedure.
- If you are on your menstrual period, use a tampon, if possible.

IMPORTANT FINANCIAL INFORMATION REGARDING YOUR PROCEDURE (Colonoscopy, EGD, ERCP, EUS)

Preventative Colonoscopy Screening: Patients with no symptoms, 45 years old or older, has no history of gastrointestinal disease, and no personal or family history of colon polyps and/or cancer. Patients in this category usually have colonoscopies every 10 years. If these guidelines are met, the procedure may be covered at 100% depending on your insurance policy benefits.

High-Risk Screening: Patients with Family history of Colon Cancer or polyps, Personal History of Colon Cancer, Personal history of Chronic Inflammatory bowel disease (ulcerative colitis or Crohn's Disease, Family history of hereditary colorectal cancer syndrome such as familial adenomatous polyposis or hereditary non-polyposis colon cancer. **(This procedure may be subject to a copay, coinsurance and/or deductibles)**

Surveillance Colonoscopy: Patients without symptoms, but may have a personal history of a GI Disease, colon polyps and/or cancer. Patients in this category are requested to undergo a Colonoscopy at shortened intervals (every 2-5 years). **(This procedure may be subject to a copay, coinsurance and/or deductibles)**

Diagnostic Colonoscopy: Patients with current GI symptoms such as diarrhea, constipation, rectal bleeding, abdominal pain, GI disease, Iron Deficiency Anemia and/or any other abnormal test. This also includes a positive FIT or Cologuard stool testing **(This procedure will be subject to a copay, coinsurance and/or deductibles).**

“IT IS THE PATIENT’S RESPONSIBILITY TO CHECK WITH THEIR INSURANCE COMPANY TO VERIFY BENEFITS AND TO DETERMINE IF A DEDUCTIBLE AND/OR A COPAY WILL BE THEIR RESPONSIBILITY FOR ANY UPCOMING PROCEDURE”

IF YOUR COLONOSCOPY IS ORDERED “DUE TO A SYMPTOM” IT WILL BE BILLED AS A MEDICAL PROCEDURE AND CANNOT BE CHANGED AND BILLED AS A SCREENING.

****You may receive bills from different facilities/offices, but all are related to your procedure**You will receive a bill from: the facility where your procedure was performed, the Physician that performed your procedure, the Anesthesiologist, VH Pathology Lab for any biopsies taken**If your insurance plan changes, you must notify our office within one week prior to your procedure date or your procedure may be cancelled.**