

OVER-THE-COUNTER COLONOSCOPY PREP INSTRUCTIONS

PROCEDURE DATE: _____ ARRIVAL TIME: _____ LOCATION: _____

MEDICAL OFFICE BUILDING 2 (PURPLE PARKING LOT)

Blue Ridge Endoscopy 190 Campus Blvd, Suite 150 Winchester, VA 22601	or	Winchester Endoscopy 190 Campus Blvd, Suite 100 Winchester, VA 22601
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You will need to purchase the following over-the-counter items at your local drugstore:

**You may purchase a similar kit from our office for \$20*

- (1) 8.3oz bottle of Miralax OR generic equivalent (polyethylene glycol) AND
- (1) 4.1oz bottle of Miralax OR generic equivalent (polyethylene glycol)
- (4) Bisacodyl tablets, 5mg each tablet
- 96oz bottles of Gatorade or similar sport re-hydration drink ****NO red, pink, purple, orange****

DAY ONE= one day BEFORE the colonoscopy appointment

7a.m.	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. NO FURTHER SOLID FOOD UNTIL AFTER YOUR COLONOSCOPY. You should continue clear liquids throughout the day and until 4 hours before your procedure. See attached list for options.
12p.m.	Take 4 Bisacodyl 5mg tablets with water.
4 p.m.	Mix the 8.3 oz bottle of Miralax with 64 oz of Gatorade in a large pitcher. Chill solution if desired. Drink an 8oz glass of Miralax/Gatorade solution every 15 minutes until mixture is gone. Finish all of this by 6p.m. Continue drinking clear liquids this evening.

DAY TWO= day of colonoscopy appointment

5 hours before your procedure	Take your morning medications as normal with a sip of water, except diabetes medications. (See the "IMPORTANT INFORMATION" handout.)
	Mix the 4.1oz bottle of Miralax with 32 oz of Gatorade and drink within an hour.
	Nothing by mouth 4 hours before your procedure

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.

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

IMPORTANT INFORMATION

If you cannot make your appointment time, please immediately notify us at 540-667-1244 ext. 252. This number is available after hours 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 use an Anesthesiologist for sedation – you will 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.

MEDICAL GUIDELINES FOR YOUR PROCEDURE:

- Fill out your Medication List and bring to your appointment
- 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 on your menstrual period, use a tampon, if possible.
- If you are diabetic, you should typically take one-half of your typical nightly dose the night before procedure. 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 ONE WEEK (7 days) prior to your procedure.
- The American Society of Anesthesiologists has made recommendations for patients to stop using GLP-1 receptor agonists before their procedures. These medications are used for both diabetes and weight loss. Examples of these medications include: Trulicity (dulaglutide), Ozempic (semaglutide), Wegovy (semaglutide), Rybelsus (semaglutide), Bydureon (exenatide), Victoza (liraglutide), Adlyxin (lixisenatide), Byetta(exenatide). These medications are being linked to a higher risk of aspiration events because the medications delay gastric emptying.

We are asking that the patients hold these GLP-1 agonist medications according to the following schedule:

- Hold the medication on the DAY OF procedure for patients who take the medication **daily**.
- Hold the medication for ONE WEEK (7 days) prior to the procedure for patients who take the medication **weekly**.

IMPORTANT FINANCIAL INFORMATION REGARDING YOUR PROCEDURE

- If your insurance plan changes, you must notify our office within one week prior to your procedure date or your procedure may be cancelled. You will receive bills from different facilities, 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 or Inform Diagnostics Lab for any biopsies taken.
- 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.

There are many ways a colonoscopy can be billed:

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 Colonoscopy: 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. **If this applies, the procedure may be subject to a copay, coinsurance and/or deductible.**

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 1-5 years). **If this applies, the procedure may be subject to a copay, coinsurance and/or deductible.**

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. **If this applies, the procedure may be subject to a copay, coinsurance and/or deductible.**

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

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

CLEAR LIQUID DIET

Please remember clear liquids **should NOT contain red dye. This includes Red, Pink, Purple, and Orange.*

- Gatorade or Powerade
- Pedialyte
- Jello (without fruit)
- Chicken Broth- bullion or consommé
- Beef Broth- bullion or consommé
- Vegetable Broth- bullion or consommé
- Popsicles or snow cones
- Apple juice or Lemonade (strained and with NO pulp)
- Tea- black tea, green tea with sugar or honey (no milk)
- Coffee, with sugar or honey (no milk)
- Italian Ice
- Clear sodas: 7-Up, Sprite, Ginger Ale, Mountain Dew
- Hard candy or chewing gum
- Water, mineral water, club soda, seltzer water, flavored water
- **For Diabetic patients, you may purchase any low-sugar or sugar-free alternatives to the products listed above.**

Things to avoid:

- × Red food dye
- × Dairy- milk, ice cream, cream
- × Pudding
- × Cream soups
- × Tomato juice or soup
- × Alcohol of any kind (beer, wine, hard seltzers/ciders, liquor)
- × Chocolate, including hot cocoa
- × Fruit, seeds, nuts
- × Popcorn