



BOULDER MEDICAL CENTER, P.C.

IMPORTANT PROCEDURE INFORMATION

1. Pre-Certification vs. "covered benefit": **Please call your insurance company to ask if your scheduled procedure is a covered benefit.** Our office will run through the appropriate paper work to have your procedure pre-certified by your insurance carrier. This means that the carrier has been notified ahead of time that the procedure will take place. All this does is eliminate the possibility of your insurance carrier refusing to pay for a test solely because we did not ask "May I"? **IT DOES NOT GUARANTEE PAYMENT.** Because of privacy issues claimed by insurance carriers, only the patient may directly inquire as to whether a procedure or a test is a specific benefit. You should call your carrier with the following information to learn what portion of the bill you are responsible for.

Procedure Name:

CPT Code:

Diagnosis:

ICD-9 code #:

2. For Medicare patients, we do have benefit information available, but you may still need to call your secondary carrier.

3. If you wish to proceed with a test that is not a covered benefit, then you may be asked to sign a waiver accepting personal responsibility for payment.

4. Transportation home for sedated patients: Patients who have received sedatives for their procedures are not allowed to drive for the remainder of the day and will only be discharged to a responsible party (family member or friend). You may NOT leave on your own, even if you plan on walking home or taking a cab or bus. This is a major liability issue, as the doctor and the clinic can be held responsible for any mishap that occurs to any inappropriately discharged patient. The responsible party that takes you home **MUST** stay with you for at least two hours due to the sedation that was given. If you cannot provide the Ambulatory Surgery Unit with appropriate transportation information, your procedure will be canceled. Boulder Community Hospital requires such patients to be **admitted** overnight, and this would not likely be a covered benefit.

Hendrikus Stephen Vanderveldt MD

Robert H. Levine MD

INSTRUCTIONS FOR ENDOSCOPY PROCEDURE

(COLONOSCOPY AND GASTROSCOPY)

Patient Name:

Procedure Date:

Arrival Time:

Departure Time:

Location: Boulder Medical Center, 2750 Broadway, Boulder, CO 80304

MEDICATIONS

If you are taking Coumadin (Warfarin), Clopidogrel (Plavix), Non-Steroidals, Aspirin, NSAIDS (Advil, Aleve, Ibuprofen) or other blood thinners, **you must contact your prescribing physician for instructions on when to stop taking these medications.** Typically these medications are stopped 5-7 days prior to the procedure.

If you are taking medications for high blood pressure, seizures, or other medical conditions or if you are taking prednisone, you may take these medications on the day of the procedure, at least two hours before the procedure, with a sip of water.

Do **NOT** take any diuretics ("water" or "fluid" pills) until after the completion of your procedure.

Iron pills should not be taken for 7 days prior to your colonoscopy.

If you have Diabetes:

- If you take a pill to lower your sugar, **do not take it** on the day of your procedure
- If you are taking insulin (R), **do not take it** on the day of your procedure.
- If you are taking long-acting insulin (NPH), you should take half of your prescribed dose on the morning of your procedure.
- If you are taking any other insulin preparation such as Lantus, Humalog, or 70/30 insulin, please contact your prescribing physician for instructions.

If you are having an upper Endoscopy, you may have solid food up to 8 hours before the procedure. You may have clear liquids up until 4 hours prior to the procedure.

If you are having a Colonoscopy, please follow the attached Colonoscopy preparation instructions.

General Endoscopy Instructions:

You will be receiving I.V. (intravenous) sedation. You **must** have an adult companion (family member or friend) to take you home. You are **not allowed** to drive or leave the Endoscopy Center alone. Public transportation by yourself (bus, taxi, and airline) is not allowed. The actual procedure lasts approximately 45-60 minutes, but you must remain in the Endoscopy Center until you recover from sedation. On average, most patients are discharged 2 hours after they arrive. Your ride must pick you up at the Ambulatory Service Center at the time of discharge. Your procedure will be canceled if your ride cannot be confirmed,

If you need to reschedule or cancel your appointment, please call **(303) 440-3216**.

If you have any medical questions about the instructions, please call the offices of Dr. Levine at **(303) 440-3094** or Dr. Vanderveldt at **(303) 440-3195**.

***Please Note:** it is extremely important to follow the preparation listed above so that the doctor will be able to have full visualization of your colon. Your colon must be clear of any stool. Inadequate preparation limits the value of this procedure and could necessitate rescheduling of the examination*

Instructions for patients undergoing a Colonoscopy with GoLYTELY (R), NuLYTELY, TriLYTELY, MoviPrep, Suprep, HalfLYTELY, or Colyte Preparation:

- Get the laxative prescription filled at the Pharmacy
- **Please follow the instructions below** and **not** the instructions included with the preparation packaging
- **The day before the procedure**, you may only have clear liquids (see below)
- Mix the laxative preparation as directed on the label and place in the refrigerator for a couple of hours before drinking. You may add the flavor packet, if provided, to the medication. Do not add any additional flavoring to the liquid.

ON THE AFTERNOON BEFORE THE EXAM:

- **Starting at 5 PM** please drink an 8-ounce glass of **prep every 15 minutes** until you have consumed the first half of the solution. **HalfLYTELY** users take the dose of Bisacodyl at the start.
- **Drink at least 16-ounces of clear liquid afterwards (Suprep users drink at least 32-ounces)**

ON THE DAY OF THE EXAM:

- **4 hours prior to your procedure** _____, drink the second half of the solution. You must complete the second half even if your stools look watery.
- **Drink at least 16-ounces of clear liquids afterwards (Suprep users drink at least 32-ounces)**
- **After completing the laxative preparation, you must continue to drink clear liquids up to two hours before your procedure. Do not consume any food.** If you should begin to vomit, stop drinking the preparation for 20-30 minutes and then finish the laxative preparation. If you are unable to finish the bowel preparation due to vomiting, call **(303) 440-3216** and ask for the Gastroenterologist on call.

These items are allowed- Clear Liquid Diet (NOTHING RED or PURPLE):

- Water
- Clear Broth: beef or chicken
- Juices:
 - * Apple Juice or cider
 - * White Grape Juice
 - * Tang, Kool-Aid
 - * Lemonade
- Sodas
- Tea
- Coffee (without cream)
- Clear Gelatin (without fruit and not red or purple)
- Italian Ices
- Chocolate or Vanilla Ensure or a similar supplement (this works well to relieve hunger)

These items are NOT allowed:

- Red or Purple juices or fluids
- Milk
- Cream
- Milkshakes
- Tomato Juice
- Orange Juice
- Cream Soups
- Any soup other than the listed broth
- Oatmeal
- Cream of Wheat
- Grapefruit Juice