GASTROENTEROLOGY
(303) 440-3223

Endoscopy Procedure Instructions

Please carefully read through the instructions below to prepare for your procedure.
If you have questions, please call us at (303) 440-3223, Mon - Fri 8am - 4:30pm. **DO NOT REPLY TO THIS MESSAGE.**

You will receive an automated text or email communication one week before your procedure prompting you to review the instructions below.

Your procedure will be performed at the Boulder Medical Center Ambulatory Surgery Center located on the 2nd floor at 2750 Broadway in Boulder.

Anesthesia Service
All of our anesthesia services are provided by Physician Anesthesia Services (PAPC). **Please refer to "Anesthesia & Sedation Policy" below in these instructions.** If Boulder Medical Center and your provider are in-network with your insurance company, the anesthesia service should be too. If you have questions about coverage, call (303) 309-0348.

TIMELINE
- **NO SOLID FOOD AFTER MIDNIGHT**
- 3 Hours before the procedure, **nothing by mouth,** not even water
- Arrival time: 45 minutes before the procedure. Patients with an 8:00 AM procedure should arrive 45 minutes prior to your procedure.
- Departure time: 45 minutes after procedure

Day BEFORE Procedure
- Eat and drink normally
- Take your normal medications as prescribed. (See below for exceptions)
- **NO SOLID FOODS AFTER MIDNIGHT!**

Day of Procedure
- **NO SOLID FOOD AFTER MIDNIGHT the night before the procedure**
- After Midnight, until 3 hours before your procedure, **ONLY CLEAR LIQUIDS:**
    - Water, coconut water (without pulp), broth (without pulp), clear juices, lemonade, Gatorade (no red or purple), sodas, Jello (no red or purple), tea, coffee (no cream or milk)
- **Avoid:** alcohol, dairy products, anything red or purple, and anything with pulp.

3 Hours Before Procedure
- **Nothing by mouth,** not even a sip of water

- No gum, hard candy, or breath mints
- No smoking

Do not take your regular medications, unless otherwise directed by our staff or your prescribing physician. (You MAY take your prescriptions the day before the procedure.)

GENERAL PROCEDURE INSTRUCTIONS
Upon arrival, please check in at the reception desk located in the Gastroenterology waiting room on the second floor. Be sure to bring your insurance card.

Transportation
You will be receiving intravenous (I.V.) anesthesia for your procedure so you may not drive or return to work. An adult must pick you up in person and sign discharge paperwork before you can leave the facility. Rideshare services (Uber, Lyft), taxis, or buses are **not permitted** unless you are accompanied by a friend or family member. Medical transportation services such as Dignity Care are acceptable alternatives.

If you are unable to provide appropriate transportation details at check-in, your procedure will be canceled. To reschedule or cancel your appointment, please call (303) 440-3216.

Recovery
After the procedure, you will recover in the Ambulatory Surgery Center (ASC) recovery unit until the sedation wears off. Most patients are discharged approximately 45 minutes after arrival into the PACU.

In the event a polyp is removed, you may be advised to remain in town for up to three days following the procedure.

Cancel or Reschedule
Cancellations must be made at least four (4) business days before the procedure to avoid a $250 cancellation fee.

If you have medical or preparation instruction questions, contact us at (303) 440-3223.

Medications
Please follow the timeline below for stopping certain medications before your procedure. If you have any questions about stopping a medication, contact your prescribing provider.

Parkinson's medications: Continue usual dosing, **timed with prep** for proper absorption.

When to Stop	Which Medications	Examples
7 Days Before Procedure	GLP-1 / Semaglutide medications	Ozempic, Wegovy, Zepbound, Rybelsus
	Diet pills / stimulants	Phentermine
	Iron supplements	
	Fish oil / omega-3 supplements	
5 Days Before Procedure, if approved by prescribing provider	Blood thinners	Warfarin (Coumadin), Clopidogrel (Plavix), Aspirin
	NSAIDs	Advil, Aleve, Ibuprofen
3 Days Before Procedure	SGLT2 inhibitors (gliflozins)	Jardiance, Farxiga
2 Days Before Procedure	Eliquis	Apixaban
24 Hours Before Procedure	**Half the usual dose** of long-acting insulin	Lantus
	Stimulants	Adderall
	Marijuana in any form	
	Smoking of any kind	
Day of Procedure	Blood pressure medications ending in "-pril" or "-sartan"	Lisinopril, Losartan
	Diuretics ("water pills")	Lasix, Hydrochlorothiazide (HCTZ), Bumex
	Diabetes pills used to lower blood sugar**	Metformin
	Short-acting insulin	Regular / R insulin
	Benzodiazepines	Continue usual dose if taken regularly, but the patient must be able to **consent for anesthesia**

**Contact your prescribing physician before stopping these medications if they were prescribed for a medical condition.

Medications You CAN Take the Morning of Your Procedure

- Thyroid medications
- Anti-epileptic medications
- Long-term steroid medications

Boulder Medical Center

Broadway	Avista	Foothills	Longmont	Erie
2750 Broadway Boulder, CO 80304 303-440-3000	*80 Health Park Dr* *Ste 100* *Louisville, CO 80027* *303-673-0448*	*4745 Arapahoe Rd* *Ste 200* *Boulder, CO 80303* *303-938-4700*	*1551 Professional Ln.* *Ste 240* *Longmont, CO 80501* *303-938-4710*	*80 S Briggs Rd Ste 105* *Erie, CO 80516* *Peds 303-673-0448* *FP 303-440-3102*

- Inhalers (maintenance and rescue)
- PPI's (omeprazole (prilosec), pantoprazole (protonix), esomeprazole (nexium)
- Beta blockers (medications ending in "-olol" such as Metoprolol, Atenolol, Labetalol)

Please refrain from taking all other medications on the day of the procedure unless otherwise instructed by your provider.

Costs and Insurance Coverage
Lab Service
If you would like to check your insurance coverage for lab work, our providers use LabCorp pathology lab.

Anesthesia Service
All of our anesthesia services are provided by Physician Anesthesia Services (PAS). If Boulder Medical Center and your provider are in-network with your insurance company, the anesthesia service should be too. If you have questions about coverage, call (303) 309-0348.

A Note About Cigna and Aetna: Our anesthesia provider, Physician Anesthesia Services, will transition to out-of-network with Cigna Healthcare effective 7/31/2026 and Aetna on 11/15/2026. Under the No Surprises Act, if you are in-network at BMC, Cigna and Aetna should process your anesthesia claim at the in-network benefit level. Please contact Cigna or Aetna if you have questions.

Out of Pocket Cost (without insurance)
- **Facility fee:** $950
- **Physician fee:** ranges from $300-$800 depending on what the physician does during the procedure.
- **Anesthesia fee:** Call Ventra Health for estimates at (303)309-0348
- **Lab services:** The cost to the patient **per specimen** for a GI procedure if not billed through insurance is around $200.

Please contact your insurance carrier if you have questions about in-network labs and charges.

Pre-Certification vs. Covered Benefit vs. Covered Payment
Pre-certification is a requirement for most insurers, notifying them that a medical procedure is being scheduled. This gives them the opportunity to deny the procedure if they choose.

- Pre-certification of this procedure with your insurer will be performed by our office.
- Pre-certification does NOT determine that a medical procedure is a "covered benefit" under your policy. Although your insurance provider may issue a "pre-approval" based on the information submitted during our pre-certification process, this **does not guarantee how much of the procedure will be covered or how much you may be responsible for paying. Final coverage and out-of-pocket costs for GI procedures are often not determined until after the procedure is completed.**

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- A procedure initially scheduled as a routine screening may be classified as diagnostic—or vice versa—depending on the findings and actions taken by the physician during the procedure. As a result, we are unable to confirm in advance whether your insurance will categorize your procedure as screening or diagnostic, or what the exact cost to you will be.
- Your procedure will be performed using the services of an anesthesiologist who will bill your insurance for you. You can contact the anesthesia group to verify they are contracted with your insurance. You will receive a separate bill from the anesthesia group after the procedure.
- If you wish to proceed with a test that is not a covered benefit, then you will be asked to sign a waiver accepting personal responsibility for payment.

Medicare
We have Medicare benefit information available, but you may still need to call your secondary carrier. Please be sure yours will be a "covered benefit" by calling 1-800-MEDICARE.

Contact your insurance carrier if you have questions about coverage and payment.