

PROCEDURE INSTRUCTIONS

It is very important to follow these instructions to ensure full visualization of your colon. Inadequate preparation limits the value of this procedure and could necessitate rescheduling your exam. Please follow the instructions below rather than on the package. You may NOT have breakfast the day before the procedure.

	Day <u>BEFORE</u> the procedure	Day <u>OF</u> the procedure
Diet Instructions	<ul style="list-style-type: none"> • NO SOLID FOODS • Drink clear liquids ALL DAY • Water, coconut water (without pulp), broth (without pulp), clear juices, clear Ensure, lemonade, Gatorade (no purple or red), sodas, jello (no red or purple), tea, coffee (without cream). • Protein drink: one protein supplement drink is allowed the day before the procedure (ex. Ensure). • Avoid: alcohol, dairy products, anything red or purple, anything with pulp. 	<ul style="list-style-type: none"> • NO SOLID FOODS • Drink clear liquids up until 3 hours before your procedure. • Nothing by mouth 3 hours before your appointment, not even a sip of water. • No gum, hard candy or breath mints.
Laxative Solution Preparation	<ul style="list-style-type: none"> • 5 PM: Start drinking the first dose of the SUPREP solution. • Drink at least 32 ounces of clear liquid afterwards. Continue to drink clear liquids all night. 	<ul style="list-style-type: none"> • 4 hours before your procedure, drink the second portion of the laxative solution. You must complete the second half even if your stools look watery. • Drink at least 32 ounces of clear liquids afterwards. • After completing the laxative preparation, you MAY continue to drink clear liquids up to 3 hours before your procedure.
Reminders	<ul style="list-style-type: none"> • Ensure you have a driver to take you home after the procedure. • Take your regular medications the day before the procedure, unless otherwise directed by our staff or your doctor. See additional instructions below for more details. 	<ul style="list-style-type: none"> • Do not take your regular medications, unless otherwise directed by our staff or your prescribing physician. • Have your ride return to the second floor waiting room 30 minutes after your scheduled appointment.

MEDICATIONS

Take:

- * Blood Pressure: Please take meds ending in 'olol the morning of the procedure.
Examples: Metoprolol, Atenolol, Labetolol

**** Please hold all other medications the day of the procedure. ****

Do NOT Take:

- * Blood Pressure: Do NOT take meds ending in 'pril or 'sartan the day of the procedure.
Examples: Lisinopril, Losartan
- * Blood thinners: If you can, stop taking blood thinning medications 5 days before the procedure.
Examples: Coumadin (Warfarin), Clopidogrel (Plavix), Aspirin, NSAIDS (Advil, Aleve, Ibuprofen)
If you have any concerns, please contact your prescribing physician for instructions on when to stop taking these medications.
- * Diet Pills/Stimulants: Please stop 2 weeks prior to the procedure Example: Phentermine
- * Diuretics: Stop taking "water" or "fluid" pills the day of the procedure, or consult your prescribing physician.
Examples: Lasix, Hydrochlorothiazide (HCTZ), Bumex
- * Iron pills: Stop 7 days prior to your procedure.
- * Fish Oil: Stop 7 days prior to your procedure.
- * Marijuana: Please do not take Marijuana, in any form, 24 hours before the procedure.
- * Smoking: Please do not smoke anything 24 hours before the procedure.
- * 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 have any questions concerning your medications, please contact your prescribing physician for specific instructions.

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Tips on drinking the prep solution:

- Mix the laxative solution as directed on the package and place in the refrigerator for several hours before drinking. Most patients find that drinking it cold is easier and you will most likely feel chilled. You may use tap water if you like.
- Take sips of a strong flavor like lemonade between sips of prep, if you want to minimize the taste.
- Drink the prep through a straw to minimize the taste.
- Do not add any flavoring to the liquid.
- If you do start to vomit, stop drinking the prep for 20-30 minutes and then try to resume drinking the prep.
- If you cannot finish the laxative solution due to vomiting, drink at least a quart of clear liquids and report for your procedure as scheduled.
- If you cannot keep any liquids down, please call 303-440-3216 to speak with a nurse.

General Procedure Instructions:

- **Your procedure will be performed at the Boulder Medical Center, GI-Lab located on the 2nd floor at 2750 Broadway Boulder, CO 80304.**
- Please check in at the reception desk in the lobby on the first floor with your insurance card.
- You will be receiving I.V. anesthesia.
- You may not drive or work the day of the procedure.
- After the procedure you will remain in the GI Lab recovery unit until you recover from sedation. On average, most patients are discharged 1.5 hours after they arrive.
- Patients who have received anesthesia may not drive for the remainder of the day. For safety and liability reasons, you **MUST** have an adult pick you up at the second floor GI Lab recovery unit at the time of discharge and take you home.
 - Please note that if you cannot provide appropriate transportation information during check in, unfortunately, we will need to cancel your procedure.
 - Dignity Care or other similar medical transportation service is acceptable, but they must come up to the 2nd floor to pick you up.
- You may be asked to stay in town for 3 days following your procedure should a polyp be removed.
- To reschedule or cancel your appointment, please call **(303) 440-3216**.
- Please be aware that cancellation of your appointment must be made at least 48 hours in advance in order to avoid a cancellation charge of \$150.
- If you have any medical questions about the instructions, please call Dr. Levine's office at (303) 440-3094.

INSURANCE COVERAGE

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 particular policy. While your insurer may grant a "pre-approval" based on information submitted through our pre-certification, this is NOT a guarantee as to how much of the procedure will be paid for by your insurer, and how much will be due from you. Ultimate coverage of the procedure and payment due from the patient for these GI procedures are often not known until after the procedure is performed. A procedure that starts out as a routine screening may become a diagnostic procedure, and vice versa, depending on what the physician finds and does during the procedure. Therefore, we cannot tell you in advance, with certainty, whether your procedure will be considered a screening or a diagnostic procedure by your insurer, and ultimately how much the procedure may cost.

Your procedure will be performed using the services of an anesthesiologist who will bill your insurance for you. The anesthesia group is contracted with the majority of the same insurance plans as BMC.

**** NOTIFY THE OFFICE** immediately if you have had a bad experience with sedation.

***** Please call your insurance company with any questions you may have concerning coverage and payment. *****

Medicare patients: We do have benefit information available, but you may still need to call your secondary carrier. Medicare has very specific rules as to timing of the colonoscopy procedures. Please be sure yours will be a "covered benefit" by calling 1-800-MEDICARE.

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.