

## IMPORTANT PROCEDURE INFORMATION

### 1. Pre-Certification vs. Covered Benefit vs. Covered Payment:

Pre-Certification is a requirement of most insurers which notifies them that a medical procedure is being scheduled. This affords them the opportunity to deny the procedure if they choose. *Pre-Certification of this procedure with your insurer will be performed by our office.* **Important: Bear in mind that Pre-Certification does not determine that a medical procedure is a "covered benefit" under your particular policy. Further, please understand that although your insurer may grant a "preapproval" based on information submitted through Pre-Certification, this is not a guarantee as to how much of the procedure will be paid by your insurer and how much will be due from you.**

Ultimate coverage and the payment portion due from the patient for these types of GI procedures are often not known until after the procedure is performed. A procedure that starts out as a screening procedure can become a diagnostic procedure, and vice versa, depending on what the physician finds and does after the procedure begins, family history, past medical findings, etc. As such, we cannot tell you in advance, with certainty, whether your procedure will be considered a screening or a diagnostic procedure or how much of the final cost will be due from you.

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 Boulder Medical Center. Please note that the anesthesiologist is not an employee of the Boulder Medical Center but is contracted with the majority of the same insurance plans as BMC.

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

Notes: 1. Medicare patients: We do have benefit information available, but you may still need to call your secondary carrier.  
2. 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.

### 2. Transportation home for patients:

- Patients who have received anesthesia may not drive for the remainder of the day. For safety and liability reasons, we **MUST** require that you have an adult companion (family member or friend) responsible to pick you up at the second floor GI Lab at the time of discharge and take you home.
- A responsible party **MUST** stay with you at least two hours after discharge.
- Please note that if you cannot provide appropriate transportation information during check in, unfortunately, we will need to cancel your procedure.

### 3. General Endoscopy Instructions:

- Your procedure will be performed at the Boulder Medical Center, GI-Lab located on the 2<sup>nd</sup> floor at 2750 Broadway Boulder, CO 80304.
- You will be receiving I.V. (intravenous) anesthesia. You may not drive or work until the next day.
- 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.
- **PLEASE STAY IN TOWN FOR AT LEAST 3 DAYS FOLLOWING YOUR PROCEDURE IF A POLYP IS 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 the offices of Dr. Levine at (303) 440-3094.

## INSTRUCTIONS FOR ENDOSCOPY PROCEDURE (COLONOSCOPY AND GASTROSCOPY)

### MEDICATIONS

- If you are taking Coumadin (Warfarin), Clopidogrel (Plavix), Aspirin, NSAIDS (Advil, Aleve, Ibuprofen) or other blood thinners, including fish oil, **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.
- 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 procedure.
- 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.
- **NOTIFY THE OFFICE** immediately if you are taking narcotic pain medications or benzodiazepines such as Xanax (alprazolam), Librium, Valium, Ativan, Oxazepam, Restoril, Halcion, taking stimulants like Adderall, Vyvanse, Phentermine or if you have had a bad experience with sedation.

### COLONOSCOPY PREPARATION:

**\*Please Note:** It is extremely important to follow the preparation listed below 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.\*

- Get the laxative and anti-nausea prescriptions filled at the Pharmacy.
- **The day before the procedure, you may ONLY have clear liquids (see below).**
- **Please follow the instructions below rather than on the package. You may NOT have breakfast**

### THE AFTERNOON BEFORE THE EXAM:

- Mix the laxative preparation as directed on the label and place in the refrigerator for a couple of hours before drinking. (Cold is better.) Do not add any flavoring to the liquid.
- **30 minutes before starting to drink the prep take one Compazine tablet (optional).**
- **Starting at 5 PM** please drink the first:
  - \_\_\_\_\_ of the 2 SUPREP solutions. Drink **at least 32** ounces of clear liquid afterwards.
  - \_\_\_\_\_ of the 2 MOVIPREP solution. Drink **at least 32** ounces of clear liquid afterwards.
  - \_\_\_\_\_ other

To reduce the possibility of vomiting, try drinking it through straw and/or taking sips of lemonade along with the preparation. If you should begin to vomit stop drinking the preparation for 20-30 minutes and then continue the laxative preparation. **If you cannot finish the first prep due to vomiting, call 303-440-3216 and ask for the Gastroenterologist on call.**

**THE DAY OF THE EXAM:**

- **30 minutes before starting to drink the prep take one Compazine tablet (optional).**
- **Starting 4 hours prior to your procedure \_\_\_\_\_,** drink the second portion of the prep 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 two hours before your procedure. Do not consume any food.** If you are unable to finish the bowel preparation due to vomiting, try to drink a quart of clear liquid and report for your procedure as scheduled.

**Clear Liquid Diet:****These items are allowed:**

Water

Clear Broth: beef or chicken

Juices: Apple Juice or cider, White Grape Juice

Tang, Kool-Aid, Lemonade, Gatorade (NOT RED OR PURPLE)

Sodas

Tea and Coffee (without cream)

Clear Gelatin (without fruit and not red or purple)

Chocolate or Vanilla Ensure or a similar supplement (This works well to relieve hunger, but please limit to only 1 the day before the procedure.)

**These items are NOT allowed:****ALCOHOL**

Red or Purple juices or fluids

Milk or Cream

Milkshakes

Tomato, Orange, or Grapefruit Juice

Cream Soups

Oatmeal or Cream of Wheat