

COLONOSCOPY INSTRUCTIONS

You are scheduled for a *colonoscopy*, an examination of the colon (large intestine) with a lighted flexible scope. During the colonoscopy, if an abnormality is seen, it is usually biopsied at that time. A biopsy involves removing a portion or all of the abnormal area for processing and subsequent examination under a microscope.

IF YOUR COLONOSCOPY HAS BEEN SCHEDULED FOR SCREENING PURPOSES (MEANING YOU HAVE NO SYMPTOMS WITH YOUR BOWELS)** , AND YOUR DOCTOR FINDS A POLYP OR TISSUE THAT HAS TO BE REMOVED DURING THE PROCEDURE, THIS COLONOSCOPY IS NO LONGER CONSIDERED A SCREENING PROCEDURE, IT IS CONSIDERED A SURGICAL PROCEDURE AND YOUR INSURANCE BENEFITS MAY CHANGE. PLEASE CHECK WITH YOUR INSURANCE COMPANY PRIOR TO STARTING THE BOWEL PREPARATION. WE ARE PROVIDING YOU WITH THE NECESSARY PROCEDURE CODES NEEDED WHEN YOU CALL YOUR INSURANCE CARRIER.

****Symptoms such as change in bowel habits, diarrhea, constipation, bleeding, anemia, etc.**

Plan to be with us for up to 3 hours. When you arrive, you will need to complete your paperwork and then change into a patient gown. The nursing staff and anesthesia provider will perform a brief assessment and place an I.V. During the procedure you are given a sedative so that you will not feel the procedure. The colonoscopy itself takes about 15-30 minutes. After the colonoscopy, you will rest while the sedative wears off. Due to the sedation, you may not remember your conversation with the doctor after the colonoscopy. You will be provided with a written summary. ***By law, you cannot drive the rest of the day following your procedure.*** We are advising you to take the entire day off work.

A thorough cleansing of the colon is essential and the examination is most successful if you follow the directions for preparation completely, as outlined. If you have any questions about the test or preparation, please do not hesitate to call our office.

**** Please inform the office if you have a pacemaker/defibrillator. We will need to obtain a copy of the identification card given to you by your cardiologist.**

Colonoscopy Preparation Timeline

Five or more days prior to colonoscopy:

- ~~ Arrange for a ride. If you do not have a ride, we will cancel the procedure
- ~~ Purchase the laxative medication listed on your preparation instructions
- ~~ Check with your insurance carrier to verify your benefits so that you understand your financial responsibility for the procedure. If you are having a colonoscopy for screening purposes (having no problems, but having the exam for preventative purposes), verify with your insurance company that “Screening Colonoscopy” is a covered benefit. We have given you the information that you will need to provide to your insurance carrier.
- ~~ Read and familiarize yourself with the preparation instructions given

Three days prior to your colonoscopy:

- ~~ Review and plan dietary needs for the next two days
- ~~ Confirm your ride
- ~~ Last chance to cancel or you will be charged a **NO SHOW FEE OF \$150.00**
- ~~ If you have any questions, please call us

Two days prior to your colonoscopy:

- ~~ Eat well-balanced meals, but try to avoid nuts, popcorn, raw fruit, raw vegetables, seeds and salad

One day prior to your colonoscopy:

- ~~ Start on a **Clear Liquid Diet** when you get up and continue all day. Remember **No solid food**
- ~~ Follow prep instructions

Day of Procedure

- ~~ ***Do not eat or drink ANYTHING including gum, candy or mints. This could result in delay or even cancellation of your procedure. However, you may take your medicine as recommended by your doctor with a few sips of water.***

