

COLONOSCOPY INFORMATION

OVERVIEW:

Colonoscopy is the best method to detect and remove colon polyps and serves as the gold standard for colon cancer prevention. Colonoscopy is also done to evaluate gastrointestinal or abdominal symptoms. Colonoscopy is an outpatient procedure that uses a thin flexible tube (the “scope”) with a camera and light to examine the inside of the colon (the large intestine). During the exam, you will be lying on a stretcher on your left side. An intravenous (IV) catheter will be placed in a vein in your arm to allow for sedation medicine to be administered. Your heart rate, blood pressure, and oxygen status will be monitored throughout the procedure. When you are properly sedated, the scope will be gently inserted into the rectum and carefully advanced through the colon with a thorough inspection. The entire examination usually lasts 15-20 minutes.

RISKS:

Colonoscopy is a safe procedure, but complications can occur. The more significant complications include:

- **Bleeding.** Bleeding can occur during colonoscopy, particularly after removal of a polyp or other therapy. It generally stops on its own, but may become serious, particularly if you are taking blood thinners. On occasion, patients may require blood transfusions, repeat colonoscopy, hospitalization, and/or surgery.
- **Perforation.** The colon can be perforated or punctured during colonoscopy. While infrequent (approximately 1 out of 2000 colonoscopies), this is a serious complication and can cause death. Most perforations are detected during or soon after the procedure and generally require hospitalization and surgical repair. The risk of a perforation is increased during removal of large polyps or if severe diverticulosis is present.
- **Reactions to sedation.** Most people tolerate moderate or deep sedation extremely well. However, some patients can develop low blood pressure, an irregular heartbeat, or difficulty breathing. Aspiration can occur leading to pneumonia. During the procedure you will be continuously monitored for any of these problems. If you have heart or breathing problems, extra care is taken during the sedation process. Less serious reactions include nausea, muscle spasms, or infection at the intravenous catheter site.
- **Missed polyps.** Colonoscopy is the best method to detect colon polyps. However, colonoscopy is not perfect and sometimes fails to detect polyps, particularly if they are small in size or flat in shape. Studies have shown that up to 25% of small (less than ¼ inch wide) polyps may be missed by colonoscopy. On the other hand, less than 3% of larger (greater than ½ inch wide) polyps are missed.
- **Rare complications** include bruising or rupture of the spleen, acute diverticulitis, and tearing of intra-abdominal blood vessels with subsequent hemorrhage.

COLONOSCOPY PREPARATION EZ2go

DIETARY:

In the **3 DAYS** leading up to the colonoscopy, please eat a low-fiber diet. Please do **not** eat corn, nuts, beans, and seeds. These foods frequently leave a large amount of residue in the colon and can decrease the effectiveness of the colonoscopy.

DO NOT EAT ANY SOLID FOOD FOR 24 HOURS BEFORE THE COLONOSCOPY.

Drink only clear liquids during this time period. Clear liquids include water, clear sodas (Sprite, 7-Up, Mountain Dew, Ginger ale), apple juice, white grape juice; light-colored sports drinks (No reds, purples, or other dark colors), lemonade, Crystal light, and green tea.

Soup broth and green or yellow jello are permitted, also.

Please drink at least eight 8-ounce glasses of clear liquids during the preparation for the procedure.

Do not drink alcohol, milk, coffee, or any dark colored liquids for 24 hours before the colonoscopy.

Start clear liquid diet at _____ on _____.

LAXATIVE:

Individual responses to laxatives vary. Laxatives may start working within 30 minutes but may take as long as 6 hours. Plan to remain close to a toilet. Due to the anticipated large volume of diarrhea, we recommend the use of baby wipes for cleaning, and the use of Desitin or Vaseline for skin protection.

****If you have problems with chronic constipation,** please purchase Miralax (over-the-counter) and use it daily (as directed on the packaging) for 3-5 days in advance of your colonoscopy. This will help you achieve a good bowel preparation.

Your EZ2go Colonoscopy Prep Kit Contains:

(1) 8.3oz Polyethylene Glycol 3350 Powder (white bottle with purple cap)

(1) 0.5oz Magnesium Citrate (red pouch)

(4) 5mg Bisacodyl Tablets (brown pouch)

(1) 80mg Simethicone Tablet (yellow pouch)

****You will need to purchase 64oz Clear Liquids (YELLOW OR CLEAR): Gatorade, Powerade, Crystal Light, or Smart Water are acceptable****

Steps for taking your laxative:

1. The morning before your procedure:

In a large pitcher mix the large bottle of Polyethylene Glycol (white bottle with purple cap) with 64oz of your Gatorade or Crystal Light (or other clear liquid listed above) and refrigerate

2. At 5:00pm on the afternoon before your procedure:

Take two 5mg Bisacodyl tablets (brown pouch). Follow with a glass of water or other clear liquid.

Then, begin drinking the first 32oz Polyethylene Glycol mixture. Drink an 8oz glass of the mixture every 15 minutes until the mixture is finished (approximately 1 hour).

****If you are experiencing abdominal cramping, nausea, or vomiting, please try:**

a. Consuming the mixture more slowly. Using a straw may be helpful.

b. If you have any vomiting, stop drinking the mixture. Wait 30 minutes, and then restart drinking the prep at a slower pace.

3. At 8:00pm on the evening before your procedure:

Drink the 10-ounce bottle of Magnesium Citrate. (Please disregard red pouch; it is replaced with liquid form of Mag. Citrate)

Then take an 80mg Simethicone tablet (yellow pouch) with water. Wait 30 minutes, then, take the last two 5mg Bisacodyl tablets (brown pouch).

4. The day of the procedure:

5 hours before your scheduled procedure time, drink the remaining 32oz Polyethylene Glycol mixture within an hour.

5. STOP DRINKING ALL LIQUIDS 4 HOURS BEFORE YOUR PROCEDURE.

BEFORE THE COLONOSCOPY:

- ❖ Continue all prescription medicines, unless directed by your doctor, even on the morning of the procedure.
- ❖ Stop iron tablets for 7 days.
- ❖ *** **If you take any blood thinners, such as Aspirin, Plavix (clopidogrel), Coumadin (warfarin), Pradaxa (dabigatran), Eliquis (apixaban), Xarelto (rivaroxaban) or Effient (prasugrel), please discuss this with your doctor.**
- ❖ If you have **DIABETES**, take only half of your usual dose of diabetes medicine on the DAY BEFORE and the DAY OF your colonoscopy. If you have questions, please discuss this with one of our doctors.
- ❖ If you have **SLEEP APNEA**, or a sleeping disorder, bring your own C-PAP with you.
- ❖ If you have **ASTHMA**, or use an inhaler, **BRING YOUR OWN INHALER** with you.
- ❖ **Please do not wear any hand lotion or fingernail polish on the day of your procedure.**

AFTER THE PROCEDURE:

After the procedure, you may feel abdominal pressure or bloating. This will resolve quickly after you pass gas. Your doctor will inform you of the results of your procedure and any special instructions or change in medications. You should be able to eat a regular diet after the procedure.

Because of the sedation, you are not permitted to drive, operate machinery, drink alcohol, or sign legal documents for at least 12 hours after the procedure.

PLEASE PREARRANGE FOR A RESPONSIBLE ADULT TO DRIVE YOU HOME. Use of a taxi or public transport service will not be permitted without an accompanying adult. You can plan on being discharged approximately one hour after the start of your procedure; therefore, we kindly ask that your driver remain in our office.

BILLING FOR THE PROCEDURE:

It is the policy that a patient is to pay their copay and/or deductible in full prior to having their procedure done. Procedures are billed in four parts (thus you may receive up to four bills for a procedure.)

The four aspects that are billed for a procedure are:

- Physician Fee
- Facility Fee
- Anesthesia Fee
- Pathology Fee

You are encouraged to investigate your insurance coverage and benefits prior to having your procedure. You must inform the office of any insurance charges prior to your procedure.

The following is information that may be useful to you during this process:

Your Diagnosis Code: _____

Procedure Codes: Colonoscopy (**45378**), Colonoscopy w/Biopsy (**45380**),
Colonoscopy w/Polyp Removal (**45385**)

*Specific code determined based on procedure outcome

Anesthesia Billing Code: Diagnostic Colon (**00811**)

Screening Colon (**00812**)

Colon/EGD (**00813**)

*For procedures done at a hospital facility, all billing -except the Physician Fee- will be handled through that location's billing department

