COLORECTAL SURGICAL & GASTROENTEROLOGY ASSOCIATES, P.S.C.
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Thank you for choosing Colorectal Surgical & Gastroenterology Associates for your procedure needs. Your specific appointment information as follows: ***Purchase Miralax (over the counter) and Moviprep (prescription attached).***

☐ **Colorectal Surgical and Gastroenterology Associates** (CSGA Endoscopy), 2620 Wilhite Drive. Wilhite Drive is on the corner of New Circle Road and Nicholasville Road. (Starbucks is on the corner) The Endoscopy Center in the Professional Plaza Building.
☐ **Baptist Health Lexington**. 1740 Nicholasville Rd. Lexington, KY 40503
☐ **Baptist Physician Surgery Center**. 1720 Nicholasville Rd. Lexington, KY 40503
☐ **St. Joseph Hospital**. 1 St. Joseph Dr. Lexington, KY 40504
☐ **Lexington Surgery Center**. 1451 Harrodsburg Rd. Bldg D Ste. 102 Lexington, KY 40504
☐ **KY Surgery Center**. 240 Fountain Ct. Lexington, KY 40509

Time involved: Approximately 2 - 3 hours from walk-in to walk-out; however, please be prepared to stay longer.

* ***FOUR DAYS BEFORE:*** Follow a low residue diet. (Examples attached)

****THREE DAYS BEFORE*:** Take 4 capfuls of **Miralax (over the counter)**. 2 capfuls in the morning and 2 capfuls in the evening.

****TWO DAYS BEFORE:*** Take 4 capfuls of **Miralax (over the counter)**. 2 capfuls in the morning and 2 capfuls in the evening.

****ONE DAY BEFORE*: NO SOLID FOOD OR DAIRY PRODUCTS**. Follow a clear liquid diet all day of: apple juice, white grape juice, coffee, tea, water, clear broth or bouillon, soft drinks (no cola), jell-o, and popsicles. Avoid red, blue and purple colored liquids.

At 6:00 p.m. – take the first dose of **Moviprep** solution. Drink the first liter of solution over one hour (one 8 oz glass every 15 minutes), followed by at least two 8 oz glasses of water.

****DAY OF APPOINTMENT:***

At _____ (Five hours before your exam) - take the second dose of **Moviprep** solution. Drink the second liter of solution over one hour (one 8 oz glass every 15 minutes), followed by at least two 8 oz glasses of water.

****YOU MAY CONTINUE CLEAR LIQUIDS UP TO 2 HOURS PRIOR TO YOUR PROCEDURE****

Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much as you can before, and after your procedure.

What to Do If You Develop Vomiting While Taking Your Colonoscopy Prep - Slow down taking the prep. Instead of taking it every 15-20 minutes, stop for 30 minutes or more and then resume taking the medication, only more slowly, with longer intervals between doses if needed. You can also take an anti-nausea medication if you have one at home, such as Phenergan or Reglan. Once the vomiting subsides, make sure you drink plenty of clear fluids. Drink as much as you can tolerate. This will help prevent dehydration and adverse reactions related to the colonoscopy prep. If vomiting persists call our office at 859-278-6031.

MEDICATION INSTRUCTIONS

MEDICATION LIST: Please bring a list of all of your medications with dosage and frequency information.

PLEASE CONTINUE TO TAKE YOUR ASPIRIN DAILY

Take other medications as you normally would during your prep with the exception of laxatives and fiber products. If you take diabetes medications, please check with the physician that monitors your diabetes for any special instructions. If you wish to discuss medication related issues prior to your procedure, call your prescribing physician.

SEVEN DAYS BEFORE: Stop taking Plavix (Clopidogrel) or Effient. We REQUIRE that you seek permission from your prescribing physician before stopping.

FIVE DAYS BEFORE: Stop taking Pradaxa. We REQUIRE that you seek permission from your prescribing physician before stopping.

THREE DAYS BEFORE: Stop taking Ticlid, Coumadin (Warfarin), Xarelto or Aggrenox. We REQUIRE that you seek permission from your prescribing physician before stopping.

TWO DAYS BEFORE: Stop taking Eliquis. We REQUIRE that you seek permission from your prescribing physician before stopping.

DRIVER: You will be sedated with an IV conscious sedation for this procedure which is used to relax you and make you feel sleepy. As a result, time will appear to pass very quickly and you will not recall much or, perhaps, even anything at all of what has happened. **You must have a licensed driver to stay at the facility for the entirety of your procedure.** You may not take a taxi. You cannot drive for 24 hours following your procedure and it is our recommendation that you have a responsible adult at home with you for 24 hours following your procedure.

INSURANCE: Bring your current insurance cards the day of your appointment. Refer to back page for more insurance information.

NOTIFY US IN ADVANCE IF: You are diabetic so we can arrange to have your colonoscopy scheduled before 11:00 a.m.

CANCELLATION POLICY: If it is absolutely necessary that you cancel your procedure, a minimum of 48hours notice is required. We have many people to schedule for colonoscopy, and we may be able to fill your spot with another patient in need. A $30 charge will be assessed to all missed procedure appointments where sufficient notice was not given.

LOW RESIDUE DIET

The low residue diet provides foods which will result in a reduced amount of residue (undigested material) in the lower bowel. This diet is used for patients prior to and after surgery. If used for extended periods, vitamin and mineral supplements are recommended.

TYPE OF FOODS	FOODS ALLOWED	FOODS NOT ALLOWED
Breads	Enriched white, wheat or rye breads (without seeds) or rolls, saltines, melba toast, rusk, zwieback crackers, graham crackers.	Breads & crackers containing whole grain flour, bran or seeds. Quick breads such as biscuits, waffles, pancakes.
Cereals	Cooked, refined cereal such as oatmeal, corn meal, rice, farina, cream of wheat and grits, prepared from corn, rice or oats such as corn flakes, rice flakes, puffed rice and puffed wheat.	Whole grain or bran cereals such as wheat flakes, wheat meal, bran flakes, instance oatmeal, shredded wheat.
Cheese	Cottage cheese, cream cheese, mild American cheese or mild cheddar cheese used in cooking.	Strong flavored cheeses.
Eggs	All cooked eggs	None
Fat	Butter, margarine, vegetable oils, cream or half and half, mayonnaise.	All other
Fruit & Fruit Juices	All fruit juices, avocado, ripe banana canned or cooked, applesauce, apricots, Royal Anne cherries, plum, peaches, pears. Note: All without tough seeds or skins, pureed dried fruits, peeled baked apples.	All raw fruits except avocado and banana, jam, pineapple, dried fruits.
Meat, Fish and Poultry	Tender beef, chicken, fish, lamb, pork, veal, liver, crisp bacon, creamy style peanut butter. Note: Meat may be baked, broiled or roasted.	Clams, oysters, fried meat or fish, tough meat, smoked or salted meats, fish, crunchy peanut butter.
Potato or Substitute	Potato and potato substitutes except those not allowed, potatoes, hominy, macaroni, noodles, spaghetti (without sauce), rice.	Potato skin, whole grain rice, dried legumes, fried potatoes, fried rice.
Vegetables	Vegetable juices unless made from strong-flavored vegetables, pureed only such as: asparagus, beets, green beans, wax beans, carrots, peas, pumpkin, spinach, squash, tomatoes. If tolerated well pureed lima beans or corn. Note: Baby commercially strained vegetables may be used.	All raw vegetables and any strong flavored vegetables such as broccoli, cabbage, brussell sprouts, etc.
Miscellaneous	Salt, mild spices, vinegar, white sauce, mild gravy, vanilla extract, ketchup, mild mustard	Chili sauce, coconut, nuts, garlic, popcorn, pickles, hot sauces, pepper.

COLONOSCOPY: INSURANCE RELATED ISSUES

The Affordable Care Act allows for several preventative ("screening") services, such as screening colonoscopy, to be covered at no cost to the patient. There are strict and changing guidelines on the definition of a preventative/screening colonoscopy. CSGA has created this document to help sort through some of the confusion. Here is what you need to know:

Colonoscopy CATEGORIES:

- ***SCREENING/ Preventative (typically covered at no cost to patient)***
  Patient has no symptoms present (such as diarrhea, constipation, rectal bleeding, abdominal pain, etc.), and patient is 50 years or older, and patient has no personal history of inflammatory bowel disease, colon polyps, and/or cancer.

- ***DIAGNOSTIC/therapeutic colonoscopy (not considered screening)***
  Patient has gastrointestinal symptoms present (diarrhea, constipation, rectal bleeding, abdominal pain, etc.), polyps, or inflammatory bowel disease.

- ***SURVEILLANCE/High Risk Screening Colonoscopy (may be considered screening)***
  Patient has no symptoms past or present (such as diarrhea, constipation, rectal bleeding, abdominal pain, etc.). Patient has a personal history of inflammatory bowel disease, colon polyps, and/or cancer.

Your primary care physician may refer you for a "**screening**" colonoscopy; however, you may not qualify for the "screening" category. See Colonoscopy Categories above. Before your procedure, you should know your colonoscopy category. We encourage you to call the customer service number on your insurance card to verify that the physician and facility are in your network. You also need to check your benefits based on your colonoscopy category. Make sure to write down the date, time & name of customer representative you spoke with.

Can the physician change, add or delete my diagnosis so that I can be considered a colon screening?

No. The patient visit is documented as a medical record from information you have provided, as well as an evaluation from the physician. It is a legal document that cannot be changed to facilitate better insurance coverage.

What if my insurance tells me the doctor can change, add or delete a diagnosis code?

This is a common occurrence. Often insurance company representatives will tell a patient their doctor just needs to resubmit the claim with a different diagnosis code. Unfortunately, not all insurance company representatives know the above category guidelines. If you are given this information, please document the date, time & name of the representative you spoke with. Contact our billing department, who will perform an audit of the billing and investigate further.

After contacting your insurance company before your procedure, if you still have questions please call our business office, 859-278-6031 Opt 4.