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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 Plenvu (prescription attached).**

Colorectal Surgical and Gastroenterology Associates (CSGA Surgery Center), 2620 Wilhite Drive. Wilhite Drive is on the corner of New Circle Road and Nicholasville Road. (Starbucks is on the corner) The Surgery Center is in the Professional Plaza Building.

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. (**NO** nuts, popcorn, seeds, husks, skins, pulp, or fiber supplements)

***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, Gatorade, tea, water, clear broth or bouillon, soft drinks (no cola), Jell-O, and popsicles. No coffee. **Avoid red, blue, and purple colored liquids.**

At 12:00 noon – take the first dose of **Plenvu** solution. You will mix the contents of Dose 1 pouch with 16 oz of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Slowly finish the dose within 30 minutes. Refill the container with 16 oz of clear liquid and drink slowly within 30 minutes.

At 6:00 p.m. - - take the second dose of **Plenvu** solution. You will mix the contents of Dose 2 (pouch A and B) with 16 oz of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Slowly finish the dose within 30 minutes. Refill the container with 16 oz of clear liquid and drink slowly within 30 minutes.

***DAY OF APPOINTMENT:**

****YOU MAY CONTINUE CLEAR LIQUIDS ONLY, UP TO 4 HOURS PRIOR TO YOUR ARRIVAL TIME. THEN NOTHING BY MOUTH TO INCLUDE NO WATER, NO CHEWING TOBACCO, AND NO CHEWING GUM****

Your body loses significant amounts of fluid during bowel preparation. 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 your medications with dosage and frequency information.

IF YOU USE A NEBULIZER OR INHALER, PLEASE REMEMBER TO BRING IT WITH YOU TO YOUR PROCEDURE

Wearing loose clothing and NO jewelry is preferred on your procedure day

****PLEASE CONTINUE TO TAKE YOUR ASPIRIN DAILY****

Take other medications as you normally would during your prep except for 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 **\$100 charge will be assessed** to all missed procedure appointments where sufficient notice was not given.

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

What to Expect for Your Colonoscopy

From Start to Finish!

Scan this QR code below with your smart phone camera.

Simply hover your camera over the QR code and click the link that pops up to take you to a video all about your colonoscopy experience!



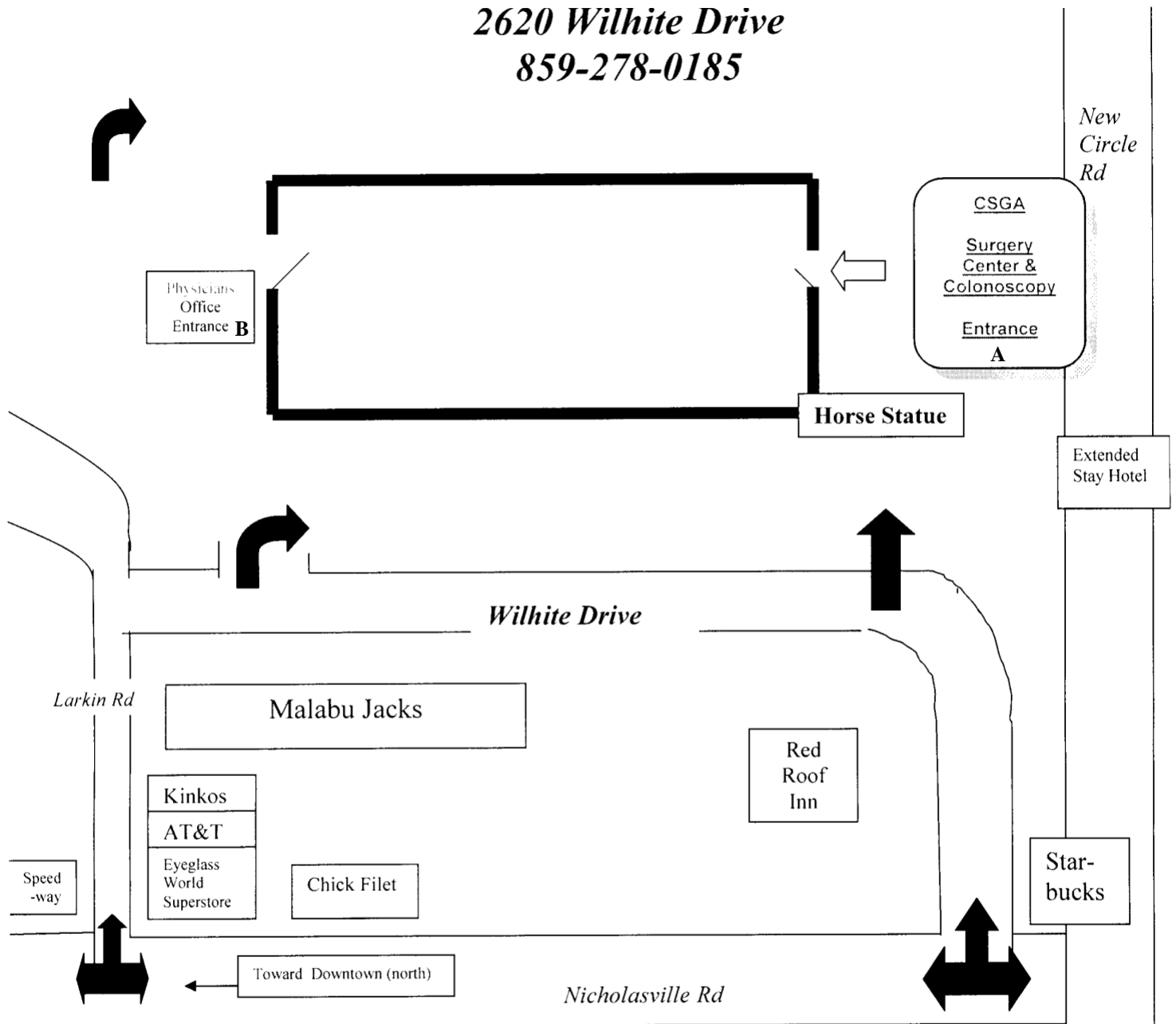
Colorectal Surgical & Gastroenterology Associates, PSC

Surgery Center

Entrance A

2620 Wilhite Drive

859-278-0185



* Take New Circle to Nicholasville Rd, turn toward downtown (north). Take an immediate right onto Wilhite Drive (Starbucks is on the corner). The Endoscopy center is on the right in the Professional Plaza.

* If traveling from downtown Lexington, on Nicholasville Rd, take a left on Larkin Rd. and then a right on Wilhite to the Endoscopy center on the left in the Professional Plaza.

After entering the parking lot, make an immediate right, drive to far side of building and park. Enter the building and follow the signs to suite 103. There is no access to the Endoscopy center from the physician's office entrance. Any questions, feel free to call the center at 859-278-0185 or the physicians office at 859-278-6031, or 278-8486.

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