GASTRO HEALTH

Colonoscopy Education Packet

Date of Procedure: _____

Arrival Time: _____

Please arrive at designated time for procedure!

Your procedure will be performed at:

☐ **INOVA Fairfax Hospital**
3300 Gallows Road
Falls Church, VA, 22003
703-776-4001

☐ **Chantilly Endoscopy Center**
Northern Virginia Center for Gastrointestinal Endoscopy
3914 Centerville Road, #350
Chantilly, VA, 20151
703-956-6831

☐ **INOVA Fair Oaks Hospital**
3600 Joseph Siewick Drive
Fairfax, VA, 22003
703-391-3600

☐ **INOVA McLean Surgery Center**
7601 Lewinsville Road, #440
McLean, VA, 22102
703-663-1440

☐ **Javier Endoscopy Center**
Gastroenterology Associates of Northern Virginia
3028 Javier Road, 4th floor
Fairfax, VA, 22031
703-698-8960

☐ **INOVA Northern Virginia Surgery Center**
3620 Joseph Siewick Drive, #202
Fairfax, VA, 22033
703-766-6970

Packet Checklist

- ✓ Bowel Prep Instructions
- ✓ Before Your Procedure Checklist
- ✓ What to Expect: During & After Procedure
- ✓ Billing Breakdown
- ✓ Colonoscopy FAQ

⚠ *McLean & Northern Virginia Surgery Center patients will be contacted by facility with additional instructions*

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Bowel Preparation Instructions

Your doctor has prescribed Magnesium Citrate & GoLytely to help you prepare for this procedure. ***It is important that you follow these Prep instructions and the Before Your Procedure Checklist as directed to have a successful colonoscopy.***

If you have any questions or issues with your colonoscopy preparation after hours, please call our main line at **703-698-8960.**

Medications Needed:

(1) bottle of GoLytely
(4) Dulcolax oral tablets: *This oral medication must be purchased over the counter. Cannot be substituted for Dulcolax suppositories.*
(2) 10 ounces of Magnesium Citrate in Clear or Green bottle
Magnesium Citrate can be purchased over the counter

.

2 Day Before Your Procedure

- **2 days before your procedure,** drink the **first bottle of Magnesium Citrate** with a clear liquid lunch & drink **second bottle of Magnesium Citrate** with a clear liquid dinner.

The Day Before Your Procedure

- **Starting at 5:00 pm on the day before your procedure,** drink (1) 8-ounce glass of GoLytely every 10 minutes until half of the medication is gone. Refrigerate the remainder of the solution.
- **At 8:00 pm on the day before your procedure,** take 4 Dulcolax oral tablets.
- Stay close to toilet facilities, as laxatives can start working suddenly.
- Drink at least 24 ounces of clear liquids before retiring to bed to prevent dehydration.

The Day of Your Procedure

- **5 hours before your procedure time,** drink (1) 8 oz glass of GoLytely Solution until the remaining half is complete.

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Before Your Procedure Checklist

7 Days Before Your Procedure

☐ Continue to take your **essential** prescription medications

☐ Do not stop taking your aspirin (ASA), Vitamins or NSAIDS

☐ Stop taking any iron supplements, ferrous sulfate or polysaccharides iron complex

If you on antiplatelet/anticoagulant other than aspirin, please contact your prescribing doctor for specific instructions on usage before, during, and after your procedure

3 Days Before Your Procedure

☐ No nuts, seeds, raw vegetables, or raw fruits

Day Before Your Procedure

☐ Start Clear Liquid diet at the start of the day. This includes:

- Water
- Fruit Juices without pulp (apple, pineapple, white grape)
- Gatorade, Soda, Kool-Aid or any clear flavored drink
- Black Coffee (decaf/regular) or Tea
- Clear broth or Bouillon
- Sugar and/or Honey
- Jell-O
- Popsicles
- Hard Candy

☐ Do not drink red, blue, purple liquids, alcohol, or milk

☐ **NO Liquids 4 hours prior to your procedure**

Day of Procedure

☐ If applicable, take your blood pressure medication the morning of your procedure with a sip of water

If your blood pressure medication is an ACE/ARB (ex: enalapril, lisinopril, losartan, valsartan), Direct Renin Inhibitor (ex: Aliskiren) or Diuretic (ex: furosemide, HCTZ), please DO NOT take your medication on the morning of the procedure

. **COVID Anesthesia Update:**

- ***If you begin experiencing fever, chills, cough, shortness of breath, sore throat, new onset loss of taste or smell, and feel you may have COVID-19, please call 703-698-8960 to reschedule this procedure***
- **If you have had a recent COVID infection, please reschedule 4 weeks after infection.**
- **If you are still symptomatic (cough, fever, any respiratory issues) at 4 weeks.**
- **Please reschedule until asymptomatic (no symptoms).**

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What to Expect: During & After Your Procedure

On your scheduled procedure day, please bring the following with you:

- Insurance Card
- ID card
- Form of payment for deductible, if applicable
- Current medication list with dosages and directions

REMOVE ALL JEWELRY-specifically nose, mouth, lips, or tongue jewelry (any part of the air passage track) prior to arrival. If these items require a professionals help to be removed, please address it before the procedure as the facility cannot assist with this issue. If unable to, the procedure will have to be rescheduled.

Leave all valuables including jewelry at home. Gastro Health is not responsible for lost, stolen, or missing items.

Cancellation Policy

There will be a fee of $300 that will be charged to your account if you cancel/reschedule within 7 business days prior to your scheduled procedure.

If you need to cancel, reschedule, or have any questions regarding your procedure, please contact: 703-698-8960 or send us a message via patient portal.

During Your Procedure

Front Desk

Please sign in at the front desk when you arrive. For your safety, a member of front desk will verify your identity and issue you a wristband.

Pre-Op

When it is time for your procedure, A pre-op team member will escort you to the preparation area and ask you to change into a gown. The team member will then verify your medical history, take your vital signs, as well as start your IV. You then will be greeted by the anesthesiologist who will review your history and discuss anesthesia prior to signing consents. When we are ready to proceed, you will be escorted to a procedure room where you will see your physician and the team who will be performing the procedure.

Procedure

Procedures typically last between 30 to 45 minutes, depending on your case. Plan to be at the office for about 2 hours, from check-in to check out.

After Your Procedure

Recovery
You will be closely monitored as you recover. Your physician that performed your procedure will meet you and/or your family member, to discuss preliminary findings and a plan after discharge.

Driver Rider Policy

Your driver must accompany you to your procedure and stay on the grounds until the procedure complete. Once you are ready to go home, your ride will be contacted, and you will be escorted to your car. Uber, Lyft, and taxicabs are not allowed without a responsible adult present with you. If you are unable to find a driver/ride, you may utilize a medical driving service company listed below (ask about rate when calling):

MTS Transportation: (703) 652-0816: Ambulatory transport, $65 flat within 10-mile radius then $2.50 per mile
Royal Transportation (571) 286-9126: Ambulatory transport, Royal11transport@gmail.com

Do not drive an automobile, operate machinery, or drink alcohol for 12 hours after the procedure due to sedating effects of the medications used.

Follow-Up Call

A team member will call you the day following your procedure to make sure there are no problems and to answer any questions you may have.

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Thank you for choosing GastroHealth! This information is to assist you with paperwork you may receive from your insurance company or other entities because of your procedure.

Whenever a procedure is performed in an outpatient setting, either at an Endoscopy Suite or a hospital outpatient department, you have as many as four (4) separate entities performing services for you.

Those parties are:

- The physician who performs your procedure will bill the "professional" fee for his/her services.
- The facility bills the "technical" part of your procedure which includes the equipment, supplies, and staff involved in the process.
- The anesthesia provider, who administers the sedation and provides continuous monitoring during your procedure, bills for his/her services separately.
- If any tissue is removed during the procedure (e.g., biopsies or polypectomies), the pathology laboratory which provides the pathologist and supplies necessary to examine the tissue and render a professional diagnosis based on the specimen(s) mills for his/her services separately.

Each of these separate entities may submit a charge to your insurance company. Sometimes particular charges are combined, depending on your specific insurance carrier, so you may or may not receive a separate "Explanation of Benefits" from your insurer for all the three or four entities involved. Additionally, you may or may not receive statements from any or all the entities.

While we have done our best to estimate your responsibility for Gastro Health's professional services, it is impossible to know exactly what your responsibility will be before the services are rendered. The final amount depends upon what is found during the procedure, the duration of sedation, diagnoses, and even the order in which your insurance company processes claims.

Anesthesia and pathology may be out-of-network for some insurances. Your out-of-pocket costs, usually, will not exceed the in-network deductible and co-payment that you would normally be responsible for.

If you have any questions because of a billing statement you received, please call the number listed on the statement. Questions about your insurance benefits, pre-certifications, and prior authorizations are to be directed as follows:

All pre-procedure billing questions: please call our offices 703.698.8960

For all post-procedure billing questions; 888-851-0105 or 888.531.4919

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Colonoscopy Prep FAQ

What is a clear liquid diet?

Any fluid that you can see through. Some examples of clear liquids are water, apple juice, white grape juice, clear broth, jello (not red), popsicles, black coffee and soda. Milk, cream, juices with pulp (like orange juice) are not. Do not drink red-colored liquids as this can be mistaken as blood during your procedure.

When will I stop moving my bowels?

Most people will stop having diarrhea about 2-3 hours after finishing the solution. Some people will have liquid movements up until the time of the procedure.

The prep solution is making me feel nauseous, what do I do?

- Some tips that we commonly recommend are:
- Refrigerating the prep solution OR drink it mixed with ice.
- Use a straw to drink the prep as this will bypass some of the taste buds.
- Chew gums or suck on a hard candy between cups of prep.
- If you feel nauseated or vomit, take a break for 30 minutes, walk around and then resume with longer intervals between cups.
- Sip the prep, do not chug. Aim for 1 cup every 20 minutes.
- Add fruit juice or crystal lite to the prep (if the color is not red).

How can I tell if my bowels are clean before my procedure?

After completing your bowel prep solution, your stools should be yellow-clear and watery, resembling urine. If your stool is thick, brown or has particles in it, please contact our office as you might need to reschedule.

I seem to be all 'cleaned out' but have not finished my prep. Do I need to finish it?

Yes.

Why do I need a companion to transport me?

Due to the sedation given during the procedure, you are considered impaired. Therefore, you will need to travel with a trusted person, or we can provide a list of medical transportation services for you to arrange.

I have diabetes. When do I stop taking my medications?

Every patient's case is different. This should be discussed with your primary care physician and your gastroenterology provider prior to your procedure date.

Should I take my medications for seizures, blood pressure and/or heart conditions in the morning before my colonoscopy?

Yes. You should take most of these medications (excluding those listed in the 'Before Your Procedure Checklist') at your usual time with a small sip of water.