

Colonoscopy Bowel Preparation Instructions

Flexible Sigmoidoscopy

Patient Name: _____

Procedure Date: _____ Check-In Time: _____ am / pm
(CIRCLE ONE)

Location: _____ Dr. Name: _____

About Your Flexible Sigmoidoscopy:

A flexible sigmoidoscopy is a procedure your doctor will perform to examine the lining of your sigmoid (first section of the large intestine). The doctor will insert a flexible tube into the rectum and through the sigmoid, looking for abnormalities.

Please note, it is your responsibility to contact your insurance company about coverage and cost for your upcoming procedure. Sometimes flexible sigmoidoscopies result in a cost to the patient. Be sure to state to the insurance company when you last colonoscopy or flexible sigmoidoscopy was and if you have a personal history or family history of colon cancer or polyps.

Appointment Considerations:

- **IF YOU ARE RECEIVING SEDATION, THEN YOU MUST HAVE A DRIVER 18 YEARS OF AGE OR OLDER WHO WILL ACCEPT RESPONSIBILITY AND DRIVE YOU HOME.** They will need to be within a 15-minute driving distance of our facility. They will be notified when your procedure is over, and **MUST** be present at the time of discharge to receive instructions and teaching.
- If you are receiving sedation then you are **NOT allowed to take a bus, taxi, Uber/Lyft, Access a Ride, walk home, etc.** Your driver will be asked to sign our discharge paperwork indicating that they are driving you home; if you are utilizing a paid driving service, please call ahead to ensure the driver will sign our discharge paperwork.
- **If you DO NOT have a ride, your procedure will be cancelled or rescheduled.**
- Please bring a list of your current medications (including non-prescription) and allergies. If you have not completed the online registration, then please bring your **PHOTO ID** and **INSURANCE CARD**.
- Plan to be at our facility for at least 2 hours. Read the prep instructions on page 2 THOROUGHLY.
- **DO NOT DRINK ANYTHING FOR 3 HOURS BEFORE YOUR PROCEDURE.**

Cancelling / Rescheduling:

If you need to cancel or reschedule your appointment, you **MUST** do so three business days prior to your appointment date, or a \$150 cancellation fee may be assessed.

Gastroenterology of the Rockies patient belongings and valuables policy:

Patients and visitors are responsible for all belongings. We recommend you bring only essential items to your procedure. Gastroenterology of the Rockies is not responsible for replacing lost or misplaced items.

Please check in using the WHITE PHONE located in the lobby - The receptionist is unable to check you in

- Boulder - Located to your left as you walk in, next to the door with a stop sign.
- Lafayette - Located to the right of the receptionist's desk.
- Lakewood - Located to the left of the door in the endoscopy waiting room.
- Longmont - Located on a small table on the east side of partition in the lobby.
- Northglenn - Located on the wall straight ahead as you walk in the door.



Flexible Sigmoidoscopy Preparation

Instructions

5-days before your exam:

- Discontinue medications containing iron.
- If on blood thinners, please call our office and consult prescribing physician for possible dose alterations (Coumadin, Warfarin, Pradaxa, Xarelto, Eliquis).
- If you are diabetic and need additional instructions, please call 303.604.5000 and request to speak with a nurse.

2-days before your exam:

- Purchase two Plain Fleets Enemas from the pharmacy
- If you have a tendency towards constipation, you should purchase three enemas.
- Begin the low-fiber diet ** See Below**

The day of your procedure:

- **Do NOT eat solid foods for 10 HOURS prior to your procedure.** For example, if your procedure is at 10 am, do not eat anything after midnight. You may have a clear liquid diet the day of your procedure (see approved liquids below).
- Morning medications may be taken as usual, except for the above-mentioned items.
- **Do not use marijuana the day of your procedure.**
- **You MUST STOP all clear liquids 3 hours prior to your procedure time.**
- **One to one and a half hours before leaving home:** Give yourself the first enema, hold as long as possible (up to 20 minutes) and then expel it. Allow yourself to rest for a few minutes. Repeat with the second enema, again holding for no more than 20 minutes. Repeat a third time if you have a tendency towards constipation.

*** If you feel the prep is not working, please call our office at 303.604.5000 ***

Preparation

Diet & Tips

Bowel Preparation (cleansing) is necessary to perform an effective colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the procedure.

High fiber foods to AVOID starting 2-days before procedure:

- Nuts, seeds, dried fruits, raw vegetables, beans
- Whole-grain cereals, oatmeal

Low-Fiber Diet:

- White bread, white rice, pasta, skinless potatoes, plain crackers, low fiber cereals
- Fish, white meat chicken, eggs, creamy peanut butter, tofu
- Cooked carrots, cooked green beans, cooked spinach, applesauce, bananas, canned peaches
- Milk, plain yogurt, cheese

Clear Liquid Diet:

If you can see through it, you can drink it. NO RED OR PURPLE DYES

- Sports drinks, clear sodas, juices without pulp, water, teas, black coffee
- Clear broths, gelatin, popsicles
- Clear hard candies (not red or purple)
- **NO ALCOHOL, NO DAIRY PRODUCTS**

Billing & Financial FAQs

Will I be charged for my colonoscopy?

To answer this question, we need to address the difference between a **preventative or screening colonoscopy**, and a **diagnostic** colonoscopy:

1. The cost of a **preventative or screening** colonoscopy is generally covered by your insurance under the Affordable Care Act.
2. The cost of a **diagnostic** colonoscopy is generally NOT fully covered by your insurance, and you may have to pay the required deductible and copay.

What is a **preventative or screening colonoscopy**? Do I qualify?

A preventative or screening colonoscopy is performed on an asymptomatic patient to test for the presence of colorectal polyps or cancer. Preventative or screening colonoscopies are performed on patients who:

1. Are 45 years of age or older (50 years of age for some insurances)
2. Do not have any gastrointestinal symptoms (i.e., abdominal pain, diarrhea, rectal bleeding)
3. Have not had a colonoscopy within 10 years
4. Do not have a personal or family history of colon polyps or colon cancer (coverage is plan-specific, some screenings may include family history)

**You may also be charged for some additional colonoscopy services according to the cost sharing provisions in your individual health plan. Please contact your insurance company to determine your individual benefits and possible out-of-pocket costs for your colonoscopy.*

What is a **diagnostic colonoscopy**?

A diagnostic colonoscopy is performed on a patient to evaluate abnormal findings or symptoms.

Diagnostic colonoscopies are performed on patients who:

1. Have gastrointestinal symptoms (i.e., abdominal pain, diarrhea, rectal bleeding) or abnormal imaging of colon (i.e., CT scan, MRI).
2. Have a personal history of polyps or have a gastrointestinal disease
3. Have a positive Cologuard or FIT test – you must then get a follow-up diagnostic colonoscopy!

**Please contact your insurance company to determine your individual benefits and possible out-of-pocket costs for your colonoscopy.*

If a polyp is encountered during a preventive screening colonoscopy, are future colonoscopies considered under the preventive care services benefit?

No. If a polyp is removed during a preventive screening colonoscopy, future colonoscopies would normally be considered diagnostic because the time intervals between future colonoscopies would be shortened.

Billing & Financial FAQs

Each insurance plan may provide different benefits and handle claims differently. It is highly recommended that you contact your insurance to determine your specific benefits and possible out of pocket costs (deductible, coinsurance, facility copay) for the procedure. **It is important to inquire about both the physician and facility costs, discuss any symptoms and/or personal history (including prior colonoscopy dates and findings), and family history related to your procedure.** Ask how your specific plan will pay for a screening colonoscopy as well as a colonoscopy with polyp removal.

You may receive statements from multiple entities for balances after your insurance is processed. There will be charges from the physician and the facility where your procedure is performed, and the anesthesia provider if applicable. If there is a need for biopsy or polypectomy, you will also receive a bill from the pathology provider.