

MIRALAX AND GATORADE COLONOSCOPY INSTRUCTIONS:

Your procedure is scheduled at:

Columbia Endoscopy Center: **208 Portland St. Columbia, MO 65201**

Date: _____ **Arrive at:** _____ **Procedure time:** _____ **Doctor:** _____

IMPORTANT REMINDERS: PLEASE READ AT LEAST 5 DAYS PRIOR TO PROCEDURE

1. You **MUST** have a driver as you will be sedated and cannot drive for 12 hours following procedure.
2. PLEASE STOP IRON SUPPLEMENTS AND STOOL MEDICATIONS (IMODIUM, FIBER SUPPLEMENTS) **FIVE DAYS** PRIOR TO PROCEDURE.
3. Two days prior to procedure please **AVOID** ALL nuts, seeds, or raw vegetables.
4. Continue taking ALL prescribed medications until day before procedure. Please take blood pressure medications at least 4 hours before procedure.
 - a. IF YOU ARE TAKING BLOOD THINNERS (PLAVIX, WARFARIN, ELIQUIS, XARELTO, ETC) PLEASE CONTACT OUR OFFICE FOR DIRECTION ON HOW LONG TO HOLD BEFORE PROCEDURE.
 - b. If you are taking a GLP-1 injection Ozempic or Wegovy (Semaglutide), Mounjaro (tirzepatide), Trulicity (dulaglutide), you must hold injection for 7 days prior to procedure and do an extra 24 hours of clear liquids. For instance if your procedure is on Wednesday, you have to do clears on Monday and then clears & the prep on Tuesday.

****YOU WILL NEED TO PURCHASE MIRALAX (510 GRAM BOTTLE), GATORADE (64 OUNCES), AND DULCOLAX LAXATIVE (FOUR- 5MG TABLETS)****

THE DAY BEFORE YOUR PROCEDURE:

1. NO SOLID FOOD, you can have clear liquids ONLY. (**NOTHING RED, PINK, OR PURPLE; NO MILK/MILK PRODUCTS; NO NON-DAIRY CREAMER**)
2. Clear liquids include:

WATER	GATORADE	WHITE GRAPE JUICE	APPLE JUICE
TEA	COFFEE (black)	JELL-O	KOOL-AID
CRANBERRY JUICE (naturally colored)	BROTH (chicken, beef, vegetable)	SODA (including dark soda)	POPSICLES (no pulp)

3. At 8am, take the four Dulcolax tablets. At this time, also mix the 64 ounces of Gatorade and 510-gram bottle of MiraLAX together and put in fridge.
4. Starting at noon/12pm begin drinking the first 48 ounces of solution. ****IF AT ANY POINT YOU FEEL NAUSEOUS OR VOMIT, SLOW DOWN!! BUT PLEASE FINISH DRINKING SOLUTION BEFORE BEDTIME.****

THE DAY OF YOUR PROCEDURE:

1. Drink the last 16 ounces of solution between midnight and 4 hours prior to procedure.
2. **NOTHING AT ALL IN YOUR MOUTH 4 HOURS PRIOR TO YOUR PROCEDURE INCLUDING GUM, WATER, HARD CANDY, TOBACCO, OR SMOKING.**

****You will need to bring a driver, a list of medications, driver's license or photo ID, insurance card(s), and any co-pay that is required. If you have any questions, please call 573-449-3500.****

Expected Stool Color Changes During Bowel Preparation:



SCREENING COLONOSCOPY VS. DIAGNOSTIC COLONOSCOPY

If you are here today because you were sent by your physician for a “Screening Colonoscopy”, or you have seen one of our providers and he/she recommends a colonoscopy, please read this form in its entirety. You need to be fully educated on the state and federal guidelines for reimbursement services.

The Center for Medicare and Medicaid Service (CMS) “Preventative Screening” initiative passed in January 2011 dictates that patients undergoing a “Screening Colonoscopy” will not be held to their coinsurance or deductible responsibilities. The definition of a “Screening Colonoscopy” per CMS guidelines is as follows: “A colonoscopy being performed on a patient *who does not have any signs or symptoms in the lower GI anatomy and has not had a colonoscopy within 10 years PRIOR* to the scheduled test” Any symptom such as a change in bowel habits, diarrhea, constipation, rectal bleeding, anemia, etc. prior to the procedure, and noted as a symptom by the physician in your medical record, may change your benefit from a screening to a diagnostic Colonoscopy.

Please Note: If you’ve had a colonoscopy within the last 10 years and the result indicated you had colon polyps, you are NOT eligible for a Preventative Screening Benefit. You have a prior history of colon polyps; thus, your colonoscopy is now a “Surveillance of the Colon” and is considered a diagnostic not a preventative procedure. If you are under the age of 50 and are being seen for a screening colonoscopy, you may not be eligible for a Preventative Screening Benefit. *It is your responsibility to know your insurance policy and the services covered by your plan. Please contact your insurance company with benefit questions prior to your procedure.*

Please be advised that if during the procedure your doctor finds a polyp or tissue that must be removed for pathological testing, the fees for pathology services are NOT covered by the Preventative Screening Benefit and will be applied toward your deductible or coinsurance.

Expect to receive 3 or 4 bills for your procedure:

- Physician Services
- Anesthesia
- Pathology
- Facility Fee

We make every effort to code correctly for your procedure with the right modifiers and diagnoses. The correct coding of a procedure is driven by the physician and your medical history and is not dictated by your insurance benefits or a particular insurance company.