



COLONOSCOPY PREPARATION INSTRUCTIONS

Though the exam takes about 30 minutes, plan on being with us for 2 hours.

You will receive a text message from our endoscopy center 5 business days prior to your procedure. If there is no mobile phone on file, an RN from our endoscopy center will call you.

SEVEN (7) DAYS BEFORE YOUR PROCEDURE

- ☐ **Review Prescribed Bowel Prep Instructions:**
 - ☐ Follow instructions provided in this packet, not instructions on the box or package.
- ☐ **Review ANESTHESIA PREPARATION form:** Failure to comply with guidelines will possibly result in a cancellation of your procedure. Please read and comply with instructions.
- ☐ **Arrange for a responsible adult to accompany you the day of your procedure and stay on premises.** You will need someone to drive you home after your procedure. If you do not have an adult to accompany you, your procedure will be cancelled and rescheduled.
- ☐ **If you plan on taking a taxi or using a rideshare service, you will need to have prior permission from the endoscopy center.** Please call us immediately if you have not received permission to use these services after your procedure. Using a taxi or rideshare service requires a specific appointment time so you may be asked to move your procedure time. If you receive sedation, you will not be able to drive until the next day.

THREE (3) DAYS BEFORE YOUR PROCEDURE

- ☐ **DO NOT eat any raw fruits, raw vegetables, seeds, or nuts.** Cooked fruits and vegetables may be eaten.

ONE (1) DAYS BEFORE YOUR PROCEDURE

- ☐ **Begin a clear liquid diet.** Do not have any solid foods. See bowel prep instructions for acceptable clear liquids.
- ☐ **Mix your preparation as instructed on your Prescribed Bowel Prep Instructions (provided by us).**

ON THE DAY OF YOUR PROCEDURE

- ☐ Continue clear liquid diet. Do NOT have any solid foods.
- ☐ Drink the second half of your bowel preparation at the time instructed on your prep instructions.
- ☐ **STOP DRINKING ALL CLEAR LIQUIDS AT THE TIME INSTRUCTED ON YOUR PREP INSTRUCTIONS.**
- ☐ Take all of your usual medications, including medicines for high blood pressure, with a VERY SMALL SIP of water.
- ☐ Do not use any illicit drugs (including marijuana) the day of your procedure. Your procedure will be cancelled.
- ☐ Do not smoke or chew gum on the day of your procedure.
- ☐ Do not wear jewelry to your procedure other than wedding rings or bring valuables such as electronics. We cannot be responsible for lost valuables.

AFTER your procedure

- ☐ You will be monitored in our recovery area for approximately 30 minutes.
- ☐ You will receive diet and medication instructions after your procedure.
- ☐ DO NOT drive until the day after your procedure.
- ☐ You may return to work the day after the procedure.



ANESTHESIA PREPARATION

For the Day of Your Procedure:

Nothing by mouth (NPO) guidelines to follow before your procedure time:

Having food/fluids in your stomach during anesthesia increases your risk of aspiration (stomach contents entering your lungs) which can lead to a serious complication and potential hospitalization.

☐ <u>Colonoscopy:</u> - Follow the prep instructions provided by Digestive Health Specialists. - No liquids 3 hours before your procedure time. ❖ <i>See below</i>	☐ <u>EGD (upper endoscopy):</u> - No solid foods after midnight before your procedure time. - No liquids 3 hours before your procedure time.	☐ <u>Flexible Sigmoidoscopy:</u> - Follow the preparation instructions provided by Digestive Health Specialists. - No liquids 3 hours before your procedure time.
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Failure to comply with these NPO guidelines will lead to a delay or cancellation of your procedure.

MEDICATION GUIDELINES:

- **Daily medications (i.e. blood pressure, anti-seizure, etc):** Take your normal morning dose with a **VERY SMALL** sip of water.
 - ❖ **Colonoscopy Procedure Only:** Taking oral medications at the time of your bowel prep dose may impact their effectiveness. Please take any oral medications that are required at least **1 hour prior** to your prep or take your medications at least **1 hour after** finishing your prep and before your NPO time.
- **COPD/Asthma:** Use your maintenance inhalers the day of your procedure. Bring your emergency or rescue inhalers to the center. Sometimes undergoing a procedure along with anesthesia can trigger an airway reaction depending on the severity of your condition.
- **Diabetes:**
 - Non-insulin medications:** Hold the day of your procedure.
 - Insulin:** Coordinate insulin dose adjustments that might be necessary during the prepping and exam period with your diabetes physician. You may need to check your blood sugar more frequently during this time.
 - ***Your blood sugar needs to be less than 250 on the day of your procedure. If your blood sugar is greater than 250 on the day of your procedure your exam will be delayed or cancelled.***
- **Weight loss drugs:** Hold any medications you are taking for weight loss for 7 days prior to your procedure. These may interfere with your blood pressure during anesthesia.
- **Anticoagulants/Blood Thinners:** Follow the instructions that were given to you over the phone by Digestive Health Specialists on when to stop your blood thinning medications prior to your procedure. If you did not receive instructions via phone, please call our office.

Notify your GI provider/center if you have had any issues with anesthesia in the past, (i.e. difficult airway/intubation, reactive airway disease, limited range of motion in your neck, limited mouth opening, TMJ, etc.) An **anesthesia provider (CRNA)** is available to assess and discuss your situation to ensure your procedure goes safely.



PRESCRIBED BOWEL PREP INSTRUCTIONS: SUTAB PREP

Please follow these instructions, not the ones on the SUTAB box. This prep is time sensitive and requires you to follow the instructions exactly.

What you will need:

- ☐ Sutab prep
- ☐ Clear liquids (see examples below)

The day before your colonoscopy:

- ☐ Drink only clear liquids throughout the day starting in the morning (see examples below).
- ☐ No red or purple liquids.
- ☐ No solid foods or soft foods are allowed.
- ☐ No milk or dairy products are allowed.

Clear liquids are those you can “see through”. Examples include:

- Water
- Apple Juice
- White cranberry juice
- White grape juice
- Tea (no milk or cream)
- Clear broth or bouillon
- Ginger Ale
- Lemon Lime soda / Lemonade (no pulp)
- Kool-Aid or other fruit flavored drinks
- Jell-O
- Ice popsicles
- Black coffee (No creamer or milk)
- Hard candies
- Carbonated Soda
- Sports drink (Gatorade, Vitamin Water, Powerade, etc.)

Helpful tips and tricks:

- ☐ If you experience preparation-related symptoms (nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish.
- ☐ Alternate different clear liquids to make it more enjoyable.
- ☐ Suck on hard candies (no red or purple).
- ☐ Take a break from drinking, walk around, and then resume drinking clear liquids.
- ☐ *For discomfort while wiping, use wet wipes and apply Vaseline/Desitin/Aquaphor to the area.*
- ☐ Remind yourself, you are doing this for your own health.
- ☐ If you are having problems completing your prep or you are still passing brown fluid after completing your prep, please contact the office: 480-563-5757.

The evening before your colonoscopy:



- ☐ **6:00 pm** you will begin your prep.
 - You will consume a total of 12 pills: 4 pills at a time.
 - Fill the provided container to the fill line (16 ounces) with water.
 - Swallow 4 tablets, each tablet with a sip of water, and finish the entire amount of water in the container over the next 45 minutes.
- ☐ **6:45 pm**
 - Fill the provided container, again, to the fill line (16 ounces) with water.
 - Swallow 4 tablets, each tablet with a sip of water, and finish the entire amount of water in the container over the next 45 minutes.
- ☐ **7:30 pm**
 - Fill the provided container, a third time, to the fill line (16 ounces) with water.
 - Swallow 4 tablets, each tablet with a sip of water, and finish the entire amount of water in the container over the next 45 minutes.

The day of your colonoscopy:



- ☐ **6 hours prior to your procedure time** begin taking the second dose of your prep
 - You will consume a total of 12 pills: 4 pills at a time.
 - Fill the provided container to the fill line (16 ounces) with water and swallow 4 tablets, each with a sip of water, and finish the entire amount of water in the container over the next 45 minutes.
 - 45 minutes later, fill the provided container, again, to the fill line (16 ounces) with water. Swallow 4 tablets, each with a sip of water and finish the entire amount of water in the container over the next 45 minutes.
 - 45 minutes later, fill the provided container, a third time, to the fill line (16 ounces) with water. Swallow 4 tablets, each with a sip of water and finish the entire amount of water in the container over the next 45 minutes.
- ☐ **3 hours prior to your procedure time** you will stop drinking all liquids.
 - You must not drink anything or put anything in your mouth, including your prep, 3 hours prior to your procedure time. This includes water, gum, mints, and hard candies.

NOTE: You must complete the entire prep to ensure the most effective cleansing. Failure to follow any of the above instructions will result in a cancellation of your procedure.



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Colonoscopy Preparation FAQ

❖ **Why do I have to drink so much clear liquid, in addition to the prep?**

All colon preps may cause you to become somewhat dehydrated. The large volume of liquid will help prevent dehydration and provide lubricant to aid in emptying your colon.

❖ **How do I take my daily medications?**

See ANESTHESIA PREPARATION form in your procedure packet.

❖ **Do I have to wait until 6 pm to start the prep?**

No, you may start as early as 4 pm.

❖ **What if the prep hasn't started working?**

It is normal to have somewhat of a delay between drinking the prep and having bowel movements. You may try walking around and drinking some more liquid or wait, it will work.

❖ **What if I feel nauseated while taking the prep?**

The first thing to do is stop drinking the prep and take a break. After nausea has decreased or stopped, you can restart the colon prep but drink it at a slower rate. It may help to refrigerate the prep or drink through a straw. If nausea and vomiting persist, please call the office to discuss.

❖ **I'm already clear, do I need to take the second dose of the prep?**

Yes, take the second dose as directed. Although you may think you are "clear", there may be more stool present which needs to be removed. If unable to tolerate, refer to above question and take a break.

❖ **What if I am still not "clear"?**

Ideally, we would like you to be having clear, watery liquid excretions. Yellow liquid is ok. If your stool is brown or solid the day of your procedure, please call the office.

❖ **What if I accidentally ate something the day before my procedure?**

Please call the office and ask to speak with the triage nurse.

❖ **What if I have been eating seeds and nuts?**

If up to 3 days prior to procedure and not a large quantity, it is ok to continue. If in the last 3 days prior to the procedure, please call the office.

❖ **Can I have my colonoscopy if I am on my menstrual cycle?**

Yes, the procedure can still be performed.

❖ **Can I go back to work after my procedure?**

No, you may not drive or work the day of your procedure.

❖ **What if I have a cold, cough, rash or fever?**

Please contact our office and ask to speak with the triage nurse.

BE AN INFORMED PATIENT

YOU MUST HAVE A DRIVER BRING YOU, STAY ON THE PREMISES, AND TAKE YOU HOME. You may NOT take an Uber, Lyft, Taxi or any other ride-hailing transportation without prior communication with the clinic or facility.

Please bring the following to every appointment:

- **Current** insurance card(s), and insurance authorization/referral (if required).
- **Co-Payments** are due at the time of service. Typically, your co-payment amount is different for procedures than what is listed on your card. Be sure to check with your insurance company prior to this visit for the correct co-payment amount for both the physician and the facility where the procedure will take place.
- **PHOTO identification** is required by Federal Regulation. You will be asked to present an ID at every visit to prevent identity theft.
- A current medication list

IF YOU MUST CANCEL AN APPOINTMENT:

Please notify us as soon as possible. When a patient does not show, cancels or reschedules his or her appointment with less than 48 hours' notice, it deprives others of timely medical care.

* A cancellation of less than 48-hours may result in a \$50.00 charge.

Financial Responsibilities: It is the patient's responsibility to know their insurance benefits and financial obligations. Please review this document to help you understand the bills you may receive. Call the number on your insurance card to verify your benefits and estimated financial obligations.

SCREENING VS. DIAGNOSTIC COLONOSCOPY: Insurance benefits vary based upon the type of colonoscopy performed. Please contact your insurance company directly to verify your coverage.

- A screening colonoscopy is a procedure provided to the patient in the absence of signs & symptoms and no prior polyps for the purpose of testing for the presence of colorectal cancer or polyps. If the physician removes polyps and/or takes biopsies, your insurance may change how your screening colonoscopy benefits are processed.
- A diagnostic colonoscopy is a procedure provided to the patient because of an abnormal finding, sign or symptom such as a history of polyps, blood in the stool, changes in bowel movements, diarrhea, constipation, etc.
- **Please be advised that we will bill your insurance company based on the facts of your case. We will not change our billing based on your coverage. That is considered fraudulent billing.**

UNDERSTANDING MEDICAL BILLING: Your procedure will generate the following charges to your insurance, if using insurance.

- **Professional Fee:** This is the fee for the Arizona Digestive Health physician to perform your procedure. If you have questions regarding the professional fee, please call the billing office at 602-844-5900.
- **Facility Fee:** This is the fee for the endoscopy center facility where your procedure is performed. If you have questions regarding the facility fee, please call the billing office at 833-300-3758.
- **Anesthesia Fee:** This is the fee for anesthesia services provided by the CRNA. If you have questions regarding the anesthesia fee, please call Practice Management Group, billing company for Mesa Anesthesia Services, PLLC, at 888-819- 7818.
- **Pathology Fee:** This is the fee for processing the specimens and the pathologist who interprets the results of your specimens. If you have questions regarding the pathology fees, please call the GIA West Pathology billing office at 602-687-7468.

Arizona Digestive Health d/b/a Digestive Health Specialists
Digestive Health Specialists Endoscopy Center Arizona

Digestive Health Specialists Endoscopy Center Arizona is conveniently located at Loop 101 and Princess Drive/Pima Road.

Location/Contact information:

8573 E Princess Drive, Scottsdale AZ 85255

- Clinic: Suite 215
- Endoscopy Center: Suite 117



Directions:

Heading North on Loop 101

1. Take Loop 101 North towards the Princess Drive/Pima Road exit.
2. Take Princess Drive/Pima Road exit #36.
3. Turn left onto Princess Drive, staying in left turn lanes.
4. At the next light, turn left onto the access road. Immediately after turning, the Princess Medical Center entrance is on the right.

Heading East on Loop 101

1. Take AZ-101 Loop East towards the Princess Drive/Pima Road exit.
2. Take the Princess Drive/Pima Road exit #36
3. Proceed through the first light (crossing over Princess Drive/Pima Road).
4. Princess Medical Center entrance is immediately on the right.

Patient Portal:

The patient portal is a great opportunity to work together and increase communication with you. Patients can obtain results and be involved in the maintenance and improvement of their health.

If you have provided us with a valid email address, you will automatically be sent a portal invitation once you are scheduled. The email will contain an invitation with a link and a PIN number. Just click on that link, create a new account with your name and birthdate, enter the PIN provided and immediately get access to your health information. To access your portal login please go to www.arizonadigestivehealth.com and choose patient portal. Note: You cannot access the patient portal on the Digestive Health Specialists website.