



LOCATION:

- 1) GI NORTH ENDOSCOPY 4150 Deputy Bill Cantrell Memorial Rd Ste 200 Cumming, Ga. 30040 (Park at lower level)
- 2) Northside Hospital-Forsyth, 1200 Northside Forsyth Drive Cumming, Ga. 30041 (pt. services)

SUPREP BOWEL PREP FOR COLONOSCOPY (SPLIT DOSE)

****FOLLOW THESE INSTRUCTIONS AND NOT THE ONES ON THE BOX****

REFER TO INSTRUCTIONS IN PACKET YOU WERE SENT FOR TIMES AND DATES

- Please inform your doctor if ANYTHING HAS CHANGED WITH YOUR HEALTH OR MEDICATIONS SINCE YOUR LAST VISIT.
- Please leave ALL jewelry and electronic devices at home (cell phones, smart watches, Fitbits)
- Drivers MUST be 18 years or older and MUST check-in at front desk before the pt. will be taken back (they may return to their car but CANNOT leave the property). **PLEASE ARRIVE ON TIME.**

3 DAYS BEFORE EXAM

- **Do not eat corn, beans, nuts, popcorn, quinoa, seeds any food or fruits with seeds.**

1 DAY BEFORE EXAM

- **No solid food all day** – only **clear liquid diet (NO RED OR PURPLE color)**, including:
 - Water, clear broth, coffee or tea (without milk or creamer)
 - Sport Drinks such as Gatorade, PowerAde, Propel or Vitamin Water (NO RED OR PURPLE)
 - Fruit flavored drinks such as Crystal Light, Kool-Aid, Capri Sun (NO RED OR PURPLE)
 - Apple juice, white cranberry juice, carbonated beverages or soda (NO RED OR PURPLE)
 - JELL-O, Italian ices, ice popsicles, sorbet, hard candy (NO RED OR PURPLE)
 - **NO juice with PULP or MILK of any kind (Soy, Silk, Almond, Oat, Coconut... to name a few).**
 - **NO ALCOHOLIC BEVERAGES**
- **BOWEL PREP INSTRUCTIONS:**
 - **At 6pm**, fill the provided dosing cup with the liquid prep and then fill the rest of the dosing cup with water. Drink the entire contents of the dosing cup. At your own pace over the next 2 hours, drink at least **32 ounces** of clear liquids.
 - Continue clear liquid diet until midnight. **DO NOT EAT ANY SOLID FOOD. NO ALCOHOLIC BEVERAGES. DO NOT USE CHEWING TOBACCO AFTER MIDNIGHT.**

DAY OF THE EXAM

- **FIVE HOURS** prior to your scheduled procedure time, fill the dosing cup with the liquid prep and then fill the rest of the cup with water. Drink entire contents of the dosing cup. At your own pace over the next 1.5 hours, drink at least **32 ounces** of clear liquids
- **DO NOT DRINK ANYTHING OR EAT ANYTHING AFTER THE TIME LISTED ON THE PROCEDURE FORMS GIVEN TO YOU.**
- **EXTENDED PREP:** Your provider has ordered an EXTENDED PREP for you due to either constipation, gastric delay, or a previous inadequate prep. You will start clear liquids TWO DAYS before your procedure. In addition, you will take one tablespoon of Miralax daily, as directed 1-4 times per day for 7 days prior to your procedure day. Taper as needed, ideally you will have a good bowel movement at least once or twice a day before the colonoscopy.
- **CONSTIPATED PREP:** Your provider has ordered a CONSTIPATED PREP for you due to either constipation, gastric delay, or a previous inadequate prep. You will take one tablespoon of Miralax daily, as directed 1-4 times per day for 7 days prior to your procedure day. Taper as needed, ideally you will have a good bowel movement at least once or twice a day before the colonoscopy.

DIABETIC PATIENTS:

- If you take **ORAL** diabetic medication HOLD according to directions given during pre-procedure phone call
- If you take **INSULIN**, take ½ the regular evening dose (on the night of prep) and nothing in the morning of the procedure. Monitor blood sugar carefully
- If you have an **INSULIN PUMP**, turn it off the morning of the procedure and monitor blood sugar carefully

OTHER MEDICATIONS:

- Take all heart and blood pressure medications with a tiny sip of water as usual the morning of your procedure
- If you take weight loss medications, hold as directed at your office visit
- IF YOU TAKE A BLOOD THINNER, BE SURE YOU HOLD IT AS DIRECTED BY YOUR CARDIOLOGIST BEFORE THE PROCEDURE
- If you have a medication hold question, **call the pre-procedure line at (404)446-0600 ext. 235 or 250**

Colonoscopy: WHAT YOU NEED TO KNOW

COLONOSCOPY CATEGORIES

The Affordable Care Act allows for preventative services, such as colonoscopies, to be covered at no cost to the patient. However, there are strict guidelines used to determine which category of colonoscopy can be defined as a screening/preventative service. These guidelines may exclude those patients with any current gastrointestinal signs and symptoms, history of gastrointestinal disease, a personal or family history of colon polyps or colon cancer from taking advantage of the procedure at no cost. In cases like these, patients may be required to pay co-pays, co-insurance and/or deductibles.

Please Note: Although your primary care provider may refer you for a "screening" colonoscopy, you may not qualify for the "preventative/screening colonoscopy" benefit under your insurance plan. There are three colonoscopy categories:

- **Diagnostic/Therapeutic Colonoscopy**- If you have any gastrointestinal symptoms (i.e. diarrhea, constipation, rectal bleeding, abdominal pain, etc.) and have a personal history of gastrointestinal disease (such as diverticulitis, Crohn's disease or ulcerative colitis) iron deficiency anemia, or other abnormal tests requiring evaluation or treatment by colonoscopy. Usually subject to copay, coinsurance and/or deductible.
- **Surveillance/High Risk Colonoscopy**- If you are asymptomatic (no current gastrointestinal symptoms) and/or a personal history of colon polyps and/or colon cancer. Patients in this category are required to undergo colonoscopy surveillance at shortened intervals, usually every 2 - 5 years. May be subject to copay, coinsurance and/or deductible.
- **Screening/Preventative Colonoscopy** - If you are asymptomatic (no current gastrointestinal symptoms), 45 years old or older (age is determined by your insurance carrier and specific policy please check with them) and have no personal history of gastrointestinal disease, no personal history of colon polyps and/or cancer. Patients in this category have not undergone a colonoscopy, or other screening for colon cancer, within the last 10 years. If these guidelines are met, may be covered at 100% under your plan.

FREQUENTLY ASKED QUESTIONS

Who will bill me?

You may receive bills for separate entities associated with your procedure, such as the physician, facility, anesthesia, pathology (both processing and reading) and/or laboratory. GI North's standard of care for anesthesia during your colonoscopy is Propofol sedation.

Can the provider change, add, or delete my diagnosis so that my procedure can be considered a screening/preventative colonoscopy?

No. Any visits or history that you provided or your referring physician documented in the medical record is part of a binding legal document that cannot be changed or altered to facilitate better insurance coverage.

What if my insurance tells me that GI North can change, add or delete a CPT code or diagnosis code?

If you are given this information please document the date of the call, name and phone number of the insurance representative to whom you spoke. Then contact the provider's office and speak to the financial counselor or office manager. Your insurance may tell you if your procedure is coded as a screening it will be covered at 100%. However, if your procedure does not meet the definition of a screening/preventative then it cannot be re-coded and filed as a screening/preventative colonoscopy.

Will someone call me about what I owe?

As a courtesy, our office will check with your health insurance plan to obtain a cost estimate and see if a precertification is required. If you will be expected to pay a deposit on the date of your procedure, someone will call you a week before the procedure date to notify you of this expectation. We can never guarantee how your health insurance will pay for your services. It is always a good idea to call your insurance and understand your benefits and your health insurance expectations.