



COLONOSCOPY INSTRUCTIONS -- PMC

Please read these instructions once you receive them. Do not wait until the night before the procedure to review these instructions.

Your procedure is scheduled at the following facility

**Parkland Medical Center (PMC)
Nutfield Building
Entrance D, Suite 103
44 Birch Street
Derry, NH 03038
(603) 421-3634**

Your procedure will be performed by

- Christopher Dainiak, MD
- Leon McLean, MD, PhD
- Bethany Reutemann, MD, MSc
 - Knut Roalsvig, MD
 - Steven Taylor, MD

Procedure Day: _____ Arrival Time: _____

Blood Thinners

If you take blood thinners, please inform our scheduling staff so that we may coordinate stopping these medications with your primary care doctor.

Cancellation/No-show/Reschedule Policy

Granite State Gastroenterology reserves the right to charge a \$100 fee for any no-show, cancellation, or reschedule made within 72 hours of the scheduled procedure time. If you need to reschedule your procedure, please make every effort to do this early to avoid a cancellation/reschedule fee.

At least 1 week prior to the procedure:

1. Ask your primary care physician to send a referral to our office (if your insurance requires it).
2. Call your insurance company to verify benefits at the facility and with the physician above. Your insurance company should tell you your coverage as well as any out-of-pocket fees you may be responsible for such as co-pays or deductibles.

Questions you may wish to ask

Is my doctor in network?

Does a hospital setting versus an ambulatory center make a difference in my out-of-pocket cost?

Am I subject to a deductible or co-pay for this procedure?

What percentage of the procedure is my financial responsibility?

3. **Purchase medicines needed for bowel preparation** either over the counter or at our office
 - One (1) bottle (238 grams) of Miralax (polyethylene glycol 3350)
 - Two (2) 5 milligram tablets of Dulcolax (bisacodyl)
 - Four (4) 80 mg or 250 mg tablets of Phazyme (simethicone)
 - Sixty-four (64) ounces of clear liquid to mix with Miralax (No red or purple)
4. If you take iron stop taking it because it can interfere with your doctor's ability to see the colon

Three days prior to your procedure:

1. Stop eating high residue foods such as seeds (berries, jams, cucumbers, vegetables, trail mix, quinoa, whole grains) and fresh vegetables/salads.

One day prior to the procedure:

1. Drink a clear liquid diet the entire day. Do not eat solid food at all on this day including breakfast.

Clear liquids include water, black coffee (no cream), tea, clear broth, Gatorade, soft-drinks, seltzer, lemonade, popsicles. Do not consume dairy or anything red or purple.

2. Take 2 Dulcolax tablets and 2 Phazyme tablets at any time between 1PM and 6PM.
3. Drink your first dose of Miralax (32 ounces) 1 hour after step #2. Drink 8 ounces every 15-20 minutes until you have consumed all 32 ounces.

How to Mix the Preparation

Mix one 238-gram bottle of Miralax in 64 ounces of clear liquids (see above). Drink one-half (32 ounces) the day/evening before your procedure and the second half (32 ounces) the morning of your procedure. You must drink all of the preparation even if you think your stool looks clear prior to finishing.

The day of the procedure:

1. Take 2 Phazyme tablets 5 hours before your arrival time.
2. Drink your second dose of Miralax (32 ounces) immediately after step #1. Drink 8 ounces every 15-20 minutes until you have consumed all 32 ounces. You must finish this at least 3 hours prior to your arrival time.
3. Do not drink **any** liquids (except for Miralax), chew gum, or suck on hard candies for at least 3 hours prior to your arrival time. Do not smoke the morning of your procedure.
4. Please take your medications as prescribed on the day of your procedure except for those listed below. Medicines must be taken at least 3 hours prior to your arrival time.

Do not take diuretics (water/fluid pills), diabetic medications (oral or insulin), iron pills, vitamins, or Carafate (sucralfate) prior to your procedure. If you have questions about what to take, please call us at least 24 hours before your scheduled arrival time.

5. Bring a list of your current medications to your procedure
6. You must have a friend or family member take you home about 30 – 60 minutes after the conclusion of your procedure. This person must be over the age of 18. This person cannot be a taxi/Uber/Lyft driver. If a driver is not available your procedure will not be performed.
7. You should rest at home the remainder of the day. You should not operate heavy machinery, drive a vehicle, or make important or legal decisions.

Insurance Coverage for Colonoscopy

Colonoscopies are performed for either preventative or diagnostic purposes. A preventative colonoscopy is a procedure done to look for and remove polyps (routine screening, history of polyps, family history of colon cancer, etc.). A diagnostic colonoscopy is performed to evaluate symptoms (rectal bleeding, diarrhea, weight loss, abnormal lab values, abnormal CT scan, etc.).

Your gastroenterologist will decide whether your procedure is preventative or diagnostic based on information in the medical record. Your gastroenterologist cannot “re-code” a diagnostic colonoscopy as preventative (or vice versa). Doing so can be considered fraud.

If you have questions about your coverage please contact your insurance company well in advance of your procedure and/or discuss any concerns you may have with our office. We are happy to help!