



QUESTIONS? NEED TO CHANGE YOUR DATE?: PROCEDURE SCHEDULING: 352-331-8902 Option 4  
8:00 AM -4:30 PM Monday –Friday or 352-331-8902 Option 0 after hours  
For calls made after 4:30 PM leave a message with the answering service and you will receive a call back

# Colonoscopy

## Miralax-Gatorade (2-day) Preparation Instructions

Use this guide to help you prepare for your colonoscopy appointment.  
Read the entire guide before beginning.

<b>Procedure Date:</b>	<b>Physician:</b>
<b>Arrival Time:</b>	<b>Procedure Time:</b>

### Procedure scheduled at:

- ☐ North Florida Endoscopy Center  
6400 W. Newberry Road, Suite 201  
Medical Arts Building  
Phone: 352-333-5925
- ☐ Endoscopy Center at North Florida Regional Medical Center  
6500 W. Newberry Road, Check in the Admitting Office on the 1<sup>st</sup> Floor  
888-821-1632

### How do I use this guide?

**Read the entire guide at least one week before your procedure.** Some steps in this guide begin up to one week before your appointment. If you haven't read through the guide at least one week in advance, call your physician. Preparing for your colonoscopy is very important. If you have questions, remember that we're here to help.

**If you don't follow all the steps listed here, your procedure will likely be cancelled.**

### What does this guide cover?

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**Digestive Disease Associates requires a 72-hour notice for changes in your scheduled procedure appointment to avoid a \$150 fee. All changes and cancellations must be made through Digestive Disease Associates procedure scheduling department 352-331-8902.**

# Preparing for your colonoscopy.

Preparing for a colonoscopy can be uncomfortable, and sometimes instructions can be confusing. This guide was created to make this process as easy and smooth as possible. If you follow the instructions in this guide, your colonoscopy will be faster, your doctor will be able to see to do the test better, and you likely won't have to come back for another procedure soon.

## Tips

*These tips will help you on the day before your colonoscopy is scheduled.*

1. Refrigerate your prep when not drinking it. If it is cold, it won't taste as strong.
2. If you don't like the taste of the medicine, try drinking it through a straw or licking a lemon or lime wedge before taking a sip.
3. Stock your bathroom with entertainment (magazines, books, handheld games, etc.) to make the experience more comfortable.
4. Use soft wipes (unscented and perfume-free), and dab dry rather than wipe dry.
5. Consider using petroleum jelly (clear) around the anus after bowel movements to minimize irritation from passing many bowel movements.

## One Week before your procedure

Follow instruction for medications and conditions below. Pick up your prep from the pharmacy. Fill out the check-boxes below to help you keep track of your progress.



**Blood Thinners** such as Plavix, warfarin (Coumadin), Eliquis, Xarelto or Lovenox

- ☐ We will contact your doctor who prescribed the blood thinner medication to get approval to temporarily stop your medication for \_\_\_\_\_ days before your procedure.



**Herbal Medications**



**Multivitamins**



**Vitamin E**



**Iron Supplements**



**Fiber (Metamucil, Fiberco**



**Fish Oil**

### You may continue to take

- ☒ All other medications as directed
- ☒ Acetaminophen (Tylenol)
- ☐ Aspirin (81 mg)
- ☐ Other: \_\_\_\_\_

### **If you are taking any of the following medications:**

**GLP-1 Medications:** (Exenatide(Byetta), Liraglutide(Victoza), Albiglutide(Tanzeum), Dulaglutide(Trulicity), Lixisenatide(Adlyxin), Semaglutide(Ozempic, or Wegovy), Tirzepatide(Mounjaro or Zepbound) **MUST** be held for 1 week before your procedure. Rybelsus must be held 1 day before your procedure. You also **MUST be on clear liquids the day before your procedure**

**SGLT2 Medication:** Empagliflozin(Jardiance), Canagliflozin(Invokana), Dapagliflozin(Farxiga), Bexagliflozin(Brenzavvy), or Januvia(Sitagliptin) **MUST be held for 3 days before your procedure.**  
Ertugliflozin(Steglatro) **MUST be held for 4 days before your procedure.**

## **Pick up your medication from the pharmacy. Items available over-the-counter**

- ☐ Purchase one (1) – 238 gram (8.3 Oz/ 14 daily doses) bottle of Miralax
- ☐ Purchase Two (2) – of 28 oz Gatorade bottles (no red colors)
- ☐ Purchase 2 - 5mg bisacodyl tablets (Dulcolax)
- ☐ Purchase one (1) – 10 oz bottle of Mag Citrate

## **Follow special instructions if you have any of these conditions:**

### Diabetes Patients

- ☐ Continue medication as prescribed (instructions change on “day before your procedure”, page 5).

### Implanted cardio defibrillator patients

- ☐ We will contact your cardiologist for a letter stating your defibrillator has been checked within the last 12 months.
- ☐ If you have not had a visit with your cardiologist in the last 12 months, you will need to be seen prior to your procedure.

### Pacemaker Patients

- ☐ We will contact your cardiologist for a letter stating your pacemaker has been checked within the last 12 months.
- ☐ If you have not had a visit with your cardiologist in the last 12 months, you will need to be seen prior to your procedure.

### Cardiology

- ☐ If you have been seen by a cardiologist in the last 6 months, notify procedure scheduling at 352-331-8902 Option 4

## Three Days before your procedure:

Three days before the procedure, you must begin a **low fiber diet**. This step helps empty your colon so your procedure can be successful. *If there are contents in your colon on the day of your procedure, the entire process may need to be repeated or re-scheduled, so be sure to stick to this diet.*

### Avoid these foods

Or your doctor won't be able to see inside your colon  
**Do not eat** any foods that are high in fiber, such as:



- raw vegetables
- fruit seeds and skin
- beans
- corn
- whole wheat bread
- whole wheat pasta
- seeds and nuts
- bran
- bulking agents

### Questions?

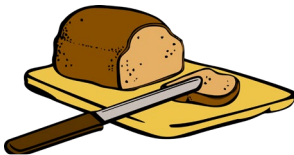
If you're not sure if certain food is OK to eat, call our office, we are here to help you!

Remember, if you don't follow these diet recommendations, you may need to come in for another procedure if your colon is still dirty.

## Eat foods like these

If you are not allergic to them.

### Grains



- ☒ white bread
- ☒ white rice
- ☒ pasta
- ☒ crackers
- ☒ cooked cereals
- ☒ waffles
- ☒ pancakes
- ☒ potatoes (without skin)

### Meats



- ☒ fish
- ☒ eggs
- ☒ chicken

### Vegetables



- ☒ cooked carrots
- ☒ cooked spinach
- ☒ veggies without skin, husks or seeds

### Dairy

- ☒ milk
- ☒ plain yogurt
- ☒ cheese

### Fruit



- ☒ bananas
- ☒ canned fruit
- ☒ fruit without skin or seeds

## Two Days before your procedure:

Begin your clear liquid diet. You will be on clear liquids all day. Clear liquids are those that you can see through. Avoid all solid foods starting today. Be sure to look at the tips on page 2 to help you today.

**DIABETIC PATIENTS:** Take one half dose of your diabetic medication, at your normally scheduled time. Consult your endocrinologist with any questions.

**Avoid** all solid foods, all red juices, alcohol and dairy

## Clear Liquids

You are on clear liquids all day today!

A liquid is considered clear if you can read a newspaper through the glass.

- ☒ water
- ☒ plain tea & coffee
- ☒ carbonated beverages
- ☒ Gatorade, PowerAde, G2

### JUICES

- ☒ white cranberry
- ☒ apple
- ☒ white grape
- ☒ filtered limeade, lemonade

### SOUPS

- ☒ clear broth, consume

### DESSERT

- ☒ gelatin
- ☒ water ices, popsicles
- ☒ clear sorbets (non-dairy)

STEP 1

**5 PM: Drink one**  
10 oz. bottle of  
Magnesium  
Citrate.



## One Day before your procedure:

On the day before your procedure, you need to continue the clear liquid diet. Clear liquids are those that you can see through. Avoid all solid foods starting today. Be sure to look at the tips on page 2 to help you today, as well as read through the checklist on the next page to make sure you have everything you need for your appointment tomorrow.

**DIABETIC PATIENTS:** Take one-half dose of your diabetic medication, at your normally scheduled time(s)

**Avoid** all solid foods, all red juices, alcohol and dairy

## Drink at least 8 glasses of clear liquid today.

A liquid is considered clear if you can read a newspaper through the glass.

- ☒ water
- ☒ plain tea & coffee
- ☒ carbonated beverages
- ☒ Gatorade, PowerAde, G2

### JUICES

- ☒ white cranberry
- ☒ apple
- ☒ white grape
- ☒ filtered limeade, lemonade

### SOUPS

- ☒ clear broth, consume

### DESSERT

- ☒ gelatin
- ☒ water ices, popsicles
- ☒ clear sorbets (non-dairy)

## At 3pm, follow these steps

Your doctor recommends these instructions for your prescribed medication; please call if you have any questions.

STEP 1

**3 PM: Prepare** the prep. Mix 4.1 oz (7 daily doses) of Miralax and 28 oz. of Gatorade together Twice. Shake until Miralax is dissolved. Chill in refrigerator.

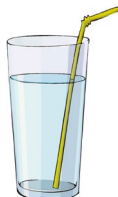
**Take 2 Bisacodyl tablets**



STEP 2

**5PM: Drink** one of the Miralax and Gatorade mixture. (28 oz.)

**The last dose will be taken on the day of your procedure, page 7**



Refrigerate or Chill your Miralax prep before your start time

Cramps and chills are normal with this prep. If you are sick or vomit, rinse your mouth with water and take a 15-30 minute break.

You will experience diarrhea, so stay near a toilet. Applying A & D ointment or petroleum jelly to the anal area before and during your preparation to relieve anal irritation.

Sip the Miralax slowly, thru a straw.

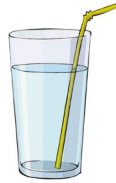
If nausea persists, stop drinking the prep and call the office at 352-331-8902. We have a physician available on call.

## The Day of your procedure

All prep medication must be finished at least 5 hours before your scheduled procedure.



AM  
**Drink** the 2<sup>nd</sup> 28 oz. of  
Miralax and Gatorade  
mixture (6 hours prior to  
your procedure)



Once you complete your prep and your prep has had time to work, your stool should be clear yellow water (urine colored) to allow for the best visualization during your colonoscopy.

All medication must be consumed 5 hours prior to your procedure.

**CLEAR LIQUIDS are allowed up to 4 hours prior to your procedure.**

Refer to page 5 for a list of clear liquids.



**Diabetic patients:** Do not take your morning dose of insulin or anti-diabetic pills today. Bring a list of ALL your medications with you to your procedure.

If you take medication for your **heart, stomach, blood pressure, seizure, depression, or nerves**, take your normal dose with a sip of water at least 4 hours before your scheduled time.

**Bring any prescribed respiratory inhaler with you.**

## Checklist

Use this checklist to help you remember everything you need to bring with you today.

- ☐ A friend or relative over 18 years old to drive you home (**you cannot take a taxi or public transit home; you will be woozy from medication**). The responsible party must remain on hospital grounds.
- ☐ Photo identification (license or other form of ID)
- ☐ Insurance cards
- ☐ Funds for deductible or co-payments (credit card, check etc.)
- ☐ Other \_\_\_\_\_

# INFORMATION REGARDING GASTROINTESTINAL ENDOSCOPY

**BRIEF DESCRIPTION OF PROCEDURES:** Gastrointestinal Endoscopy is the examination of the digestive tract with lighted instruments. At the time of the examination, the inside lining of the G.I. tract will be inspected thoroughly and may be photographed. A small portion of tissue may be removed for microscopic study (biopsy), or the tissue may be brushed or washed to collect cells for a special study. Polyps may be removed. A narrowed portion of the digestive tract can be stretched or dilated to a more normal size.

**EGD** (Esophagogastroduodenoscopy) is the examination of the esophagus, stomach and duodenum.

**ESOPHAGEAL DILATION** is the stretching of a narrowed portion of the esophagus with a dilator.

**FLEXIBLE SIGMOIDOSCOPY** is the examination of the anus, rectum, and left lower colon.

**ENTEROSCOPY** is the examination of the small intestine.

**COLONOSCOPY** is the examination of the entire colon (large intestine)

**POLYPECTOMY** is the removal of small growths called polyps, with use of a wire loop and electric current or a cold forceps.

**BANDING** is the application of tiny bands to an area to reduce the risk of bleeding.

**INJECTION THERAPY** is the injection of a medication or solution to treat or mark an area.

**BRAVO** is the temporary placement of a capsule in the lower esophagus to record pH acid levels. The capsule will pass out of the G.I. tract naturally, usually within a week.

**HEMWELL** is a treatment for internal hemorrhoids, using a low-grade direct current applied to the base of the hemorrhoidal tissue.

**ANESTHESIA** is the medication administered to achieve a level of moderate to deep sedation as deemed necessary by a nurse anesthetist and physician.

**THE PROCEDURE** — The endoscopy will be performed with you lying on your left side. Medications will be administered through the intravenous line and oxygen will be delivered into your nose. Blood pressure, breathing, and heart rhythm will be monitored. During upper endoscopy a plastic mouth guard will be placed between your teeth to prevent damage to your teeth and the scope. During colonoscopy a rectal exam will be performed.

**ALTERNATIVES:** Possible alternatives vary from each patient, as some alternatives may be inappropriate for a number of reasons. However, potential alternatives include X-rays, CT (virtual colonoscopy), surgery, no examination, stool tests for blood, Cologuard for screening, or other alternatives that have been explained to you.

**POSSIBLE RISK AND COMPLICATIONS:** These vary in frequency among different procedures but may include:

- Abdominal Pain
- Injury to the lining of the intestinal tract may result in a hole (perforation) of the wall
- Reaction to medication used for anesthesia, including cardiopulmonary arrest (stopping of heartbeat or breathing)
- Rectal Pain
- Rare possibility of a ruptured spleen
- Irregular Heart Beat
- Infection
- Pneumonia
- Dental damage
- Bleeding
- Irritation in vein at site of the IV line
- Death

You should understand that the doctor cannot tell you about every possible risk, alternative, complication or side effect, but we did discuss the major ones. The practice of medicine is not an exact science. No guarantees have been made to you concerning the results of the procedure. The miss rate of colonoscopy ranges in various studies between 5% - 10%. Quality and accuracy of the exam is greatly enhanced by proper bowel cleansing. If bowel preparation is sub-optimal you may be advised to return for a repeat exam within a short time interval.

**RECOVERY** — After the endoscopy, you will be kept for a time for observation while some of the medicine wears off. The most common discomfort after the examination is a feeling of bloating from the air introduced during the examination, which resolves quickly. You may be allowed to drink liquids during recovery. The medicines leave many patients feeling tired afterwards or they may have difficulty concentrating, so you cannot return to work that day.

The endoscopist can usually tell you the results of your examination before you leave the endoscopy unit. If biopsies have been taken or polyps removed, you will be instructed to call back for results. Tissue that has been removed is sent to a laboratory for analysis and it may take several days for a report to be completed.

**AFTER ENDOSCOPY** — Though patients worry about the discomforts of the examination, most people tolerate it very well and feel fine afterwards. Some fatigue is common after the examination, and you should plan to take it easy and relax the rest of the day.

You should contact your doctor about the results of your test if you have any questions and especially if biopsies were taken. The endoscopy team can give you some guidelines as to when your doctor should have all the results and whether further treatment will be necessary.

**The following symptoms should be reported immediately: Severe abdominal pain (not just gas cramps), firm or distended abdomen, vomiting, fever, difficulty swallowing/severe sore throat, crunching feeling under the skin, rectal bleeding more than a few tablespoons. If you have biopsies taken during your procedure, you should hear within 10 business days regarding the results. If not, you should call the office to get your results.**

Updated 10/19/2022



## Colonoscopy: Screening or Diagnostic?

The Affordable Care Act passed in March 2010 allowed for several preventative services, such as screening colonoscopies, to be covered at no cost to the patient. As of Feb. 25, 2013 – The federal government (Department of Health and Human Services) has issued an important clarification on preventive screening colonoscopy. This ensures colorectal cancer screening is available to privately insured patients at no additional cost, as intended by the new healthcare law. Patients with Medicare coverage must still pay a coinsurance when a polyp is removed as a result of the screening colonoscopy. This only applies to average screening, not high risk screening. Medicare still covers high risk screening at the same rate as an average risk screening but commercial payers may not. Some will impose standard benefits to those patients with a personal history of polyps, cancer, or GI disease.

## Colonoscopy Categories:

**Diagnostic/Therapeutic Colonoscopy:** Patient has past and/or present gastrointestinal symptoms, polyps, GI disease, iron deficiency anemias and/or any other abnormal tests.

**Surveillance/High Risk Screening:** Patient is asymptomatic (no gastrointestinal systems either past or present), has a personal history of GI disease, personal and/or immediate (parent/sibling) family history of colon polyps, and/or cancer. Patients in this category are required to undergo colonoscopy surveillance at shortened intervals (e.g., every 2-5 years)

**Preventive Screening:** Patient is asymptomatic (no gastrointestinal symptoms either past or present), over the age of 45, has **no** personal or family history of GI disease, colon polyps, and/or cancer. The patient has not undergone a colonoscopy within the last 10 years.

Your primary care physician may refer you for a “screening” colonoscopy but there may be a misunderstanding of the word screening. This will be determined in the pre-operative process. Before your procedure, you should know your colonoscopy category. After establishing which procedure you are having, you can do some research.

### Can the physician change, add or delete my diagnosis so that I can be considered eligible for a colon screening?

**No!** The patient encounter is documented as a medical record from information you have provided as well as what is obtained during taking our pre-procedure history and assessment. It is a binding legal document that cannot be changed to facilitate better insurance coverage.

Strict government and insurance company documentation and coding guidelines prevent a physician from altering a chart or bill for the sole purpose of coverage determination. This is considered insurance fraud and is punishable by law with fines and/or jail time.

### What if my insurance company tells me that the doctor can change, add, or delete a CPT or diagnosis code?

This happens a lot. Often the representative will tell the patient if the “doctor had coded this as a screening, it would have been covered differently. However, further questioning of the representative will reveal that the “screening” diagnosis can only be amended if it applies to the patient. Remember, that many insurance carriers only consider a patient over the age of 45 with no personal or family history as well as no past or present gastrointestinal symptoms as a “screening” (Z12.11)

If you are given this information, please document the date, name, and phone number of the insurance representative. Next, contact our billing department who will perform an audit of the billing and investigate the information given. Often the outcome results in the insurance company calling the patient back and explaining that the member services representative should never suggest a physician change their billing to benefit a patient’s coverage.

### Pathology:

Digestive Disease Associates of North Florida (“DDA”) has established a state of the art pathology lab (“DDA Pathology Lab”). Your physician has chosen to use the DDA Pathology Lab for any specimens taken during your procedure. By using the DDA Pathology Lab, we are able to streamline patient care, reducing turn-around time in providing results to you and your Primary Care Physician. In using the DDA Pathology Lab there is no need for transporting the specimen outside of the building. Our Pathologist is available daily to review slides and provide your Gastroenterologist physician with an expert interpretation.

Our Pathology Lab, located within the DDA clinic, is specialty focused in Gastroenterology (“GI”), interacting with only the DDA physicians. This allows our practice to deliver the high quality expected in the interpretation of your pathology.

Patients frequently have questions regarding their lab or pathology bills. DDA participates in many local and national insurance plans. If for any reason your insurance falls outside our participating insurance carrier list, we will accept your insurance carrier’s “out of network” payment along with your “in-network” co-payment, co-insurance, and deductible as payment in full.

**If you request that your pathology be sent to the “in network” lab, we will accommodate your request.**

If you have any billing questions, you can contact our billing office at (352) 756-4068

# Colonoscopy Notification Statement: Know What You Will Owe

**Colonoscopy Procedure Code:** Insurance companies are billed procedure code G0121 for low-risk screening or G0105 for high-risk (surveillance) screening.

**Please note:** The procedure code is subject to change. The actual procedure code used for billing cannot be determined until the procedure has been completed.

**Diagnostic/Therapeutic Colonoscopy:** Diagnosis \_\_\_\_\_

Patient has past and/or present gastrointestinal symptoms, polyps, GI disease or anemias.

OR

**Surveillance/High Risk Colonoscopy:** Diagnosis \_\_\_\_\_ (example: personal history of colon polyps)

Patient is asymptomatic (no gastrointestinal symptoms either past or present), has a personal history of GI disease, personal and/or family history of colon polyps, and/or cancer. Patients in this category are required to undergo colonoscopy surveillance at shortened intervals (e.g., every 2-5 years).

OR

**Preventive Screening Colonoscopy:** Diagnosis code for routine screening is Z12.11.

Patient is asymptomatic (*no gastrointestinal symptoms* either past or present), over the age 50, has no personal or family history of GI disease, colon polyps, and/or cancer. The patient has not undergone a colonoscopy within the last 10 years.

OR

**Preventive Screening Colonoscopy (Patient under age 45):** Diagnosis code for routine screening is Z80.0

Patient is asymptomatic (*no gastrointestinal symptoms* either past or present), under age 45, with an immediate family (parent/sibling) history of colorectal cancer. Patients in this category are required to undergo colonoscopy surveillance at shortened intervals (e.g., every 2-5 years).

**Who will bill me?** You may receive bills for separate entities associated with your procedure, such as the physician, facility, anesthesia, and pathology.

## How will I know what I will owe?

Call your insurance carrier and verify the benefits and coverage by asking the following questions. Codes for your procedure are listed above. (You will need to give the insurance representative your preoperative CPT and Diagnosis codes.)

1. Is the procedure covered under my policy? **Yes** \_\_\_\_\_ **No** \_\_\_\_\_
2. Will the diagnosis code be processed as preventative, surveillance, or diagnostic and what are my benefits for that service? (Results may vary based on how the insurance company recognizes the diagnosis).

### Diagnostic/Medical Necessity Benefits

Deductible: \_\_\_\_\_ Coinsurance Responsibility: \_\_\_\_\_ Is the Facility in Network: **Yes** \_\_\_\_\_ **No** \_\_\_\_\_

### Preventative/Wellness/ Routine Screening Colonoscopy Benefits:

Are there age and/or frequency limits for my colonoscopy? (e.g, one every 10 years over the age of 50, one every two years for a personal history of polyps beginning at age 40 etc.)

**No** \_\_\_\_\_ **Yes** \_\_\_\_\_ **If so:** \_\_\_\_\_

3. If the physician removes a polyp, will this change my out of pocket responsibility? (A biopsy or polyp removal may change a screening benefit to a medical necessity benefit which equals more out of pocket expenses. Carriers vary on this policy.)

**No** \_\_\_\_\_ **Yes** \_\_\_\_\_

Insurance Representatives Name \_\_\_\_\_

Call Reference #: \_\_\_\_\_

Date: \_\_\_\_\_

**Can the physician change, add or delete my diagnosis so that I can be considered eligible for a colon screening?**

**NO!** The patient encounter is documented as a medical record from information you or your primary care physician have provided. It is a binding legal document that cannot be changed to facilitate better insurance coverage.