

## CASCADE GASTROENTEROLOGY PROCEDURE PREP INSTRUCTIONS

### **CONGRATULATIONS:**

You have taken the first step to complete your colonoscopy or EGD. These procedures can be life saving for the benefit of cancer screening. As you may know colon cancer is the 3<sup>rd</sup> leading cause of cancer deaths and a colonoscopy can screen and potentially prevent these cancers from occurring. Delaying these procedures can leave possible polyps that have the potential to become cancerous growing in your colon.

### **FREQUENTLY ASKED QUESTIONS:**

#### ***How much work will I miss?***

You do not have to miss work the day before your colonoscopy or EGD. You will need the day of your procedure off from work. You can return to work the day following your procedure.

#### ***Do I need to cancel my Colonoscopy procedure if I am on my menstrual cycle?***

**NO.** You do not need to cancel your colonoscopy procedure. You are able to use a tampon during your procedure, but do not worry if you do not use, it is not required for your procedure.

#### ***Am I able to brush my teeth before the procedure?***

**YES.** You are able to brush your teeth. However, do not SWALLOW THE WATER. Swallowing water will alter your NPO (nothing by mouth) status.

#### ***How long am I expected to stay in the facility?***

Expect to be in the Endoscopy suite for 2-3 hours. Your check in time will be 60 min prior to your procedure time. The procedure itself will take about 30-45 min. Scheduled procedures can be delayed on occasion due to emergencies or procedures preceding yours.

#### ***Can I have chicken soup?***

**NO.** You are able to have chicken broth. No solid foods are allowed for your clear liquid diet. You are unable to consume chicken soup because of the following ingredients: Chicken, Vegetables, and noodles.

#### ***Is Alcohol included in the clear liquid diet?***

**NO.** You may not consume alcohol the day before or the day of your procedure.

#### ***What should my stool look like prior to my colonoscopy procedure?***

By completion of the bowel prep, your stool should be the appearance of yellow water, similar to urine. There should be no or minimal solid or particulate material.

- If your stool is comparable to pudding, then your colon is **NOT CLEAN**
- If your stool is comparable to coffee your colon is **ALMOST CLEAN**
- If your stool is comparable to apple juice your colon is **CLEAN**

### **CANCELLATION POLICY:**

Our policy is to call our patients 7-10 days prior to your appointment to remind you of the date and time. We perform these calls as a courtesy to our patients and to allow us the opportunity to rebook the time slot should you decide to cancel. Recognizing everyone's time is valuable and the appointment time is limited, we ask you to provide us 7 days' notice if you are unable to keep your appointment by calling **541-706-5777**. Failure to provide a 7 day cancellation notice will result in a \$100 cancellation fee. Should you continue to cancel or No Show three times may result in the inability to reschedule your procedure with us.

## **INSURANCE COVERAGE:**

*It is your responsibility to call your insurance to check if your procedure is a covered benefit.*

We care about you and want to ensure that you get this important procedure done. We will obtain a pre-authorization for the procedure from your insurance carrier (if needed); **however there still may be an out of pocket cost associated with the procedure that you will be financially responsible for.** Please call your insurance carrier to confirm that this procedure will be a covered benefit and what type of costs may be involved. You will be responsible for all the costs involved with the procedure that are not covered by your insurance carrier.

Please use the below information when calling:

### **Non- Medicare Insurance:**

- 45738:** Screening Colonoscopy
- 45380:** Diagnostic Colonoscopy
- 43235:** Esophagogastroduodenoscopy (EGD)

### **Medicare Insurance:**

- G0121:** Greater than 10 years since last Screening Colonoscopy
- G0105:** 2-10 years since last Screening Colonoscopy
- 45378:** Diagnostic Colonoscopy

### **Anesthesia Codes, All Insurances:**

- 00818:** Anesthesia, Screening Colonoscopy
- 00811:** Anesthesia, Diagnostic Colonoscopy 00811
- 00731:** Anesthesia, Esophagogastroduodenoscopy (EGD)
- G0500:** Moderate Sedation

## **WHAT TO EXPECT:**

### **Upon Arrival:**

Please arrive for your Procedure ONE (1) hour prior to your procedure time. One of our friendly Patient Service Representatives will check you into the surgical center

### **Prior to Procedure:**

Once you are checked in you will be escorted by the endoscopy staff to the pre-procedural area where a nurse will take for history and physical, vital signs, IV placement, and will let you know what to expect while you are here for your procedure. You will then be moved to the procedural room where your physician and our highly trained endoscopy staff will prepare for your endoscopy procedure.

### **After your Procedure:**

You will be moved to the recovery room where our endoscopy nurses will maintain your comfort and monitor your vital signs. We will be giving you verbal and printed discharge instructions, about our procedure and how to care for yourself when you go home.

Once your discharge orders are complete, you are able to go home. *For your safety we require you to have a responsible adult to drive you home after your endoscopy procedure.*

You may resume your regular activity, including work, on the following day after your procedure.

### 1 Day Post Procedure:

An endoscopy nurse will be calling you to make sure that you are not experiencing any post procedural difficulty. You may call your doctor or the endoscopy staff at the number provided in your discharge instructions, if any questions or concerns arise while you are recuperating at home.

**PLEASE UNDERSTAND WE MAY NEED TO ASK YOU TO CHANGE YOUR PROCEDURE TIME.**

### **HOW TO PREPARE:**

#### One Week (7 days) prior to your procedure:

As a general rule, endoscopic procedures are not performed while a patient is on blood thinners (such as Warfarin, Eliquis, Xarelto, Coumadin) or anti-platelet therapy (such as Plavix, Effient, Brillinta) **DO NOT STOP** taking these medications on your own. **Please check with your prescribing provider about when to stop taking these medications.**

- You may **continue taking** Aspirin, Motrin, Ibuprofen or other anti-inflammatory medications.
- You May take Tylenol (acetaminophen)
- **NO** Iron Supplements for 7 days prior to procedure
- **NO** Fish/Flax Oil Supplements for 7 days prior to procedure

#### Three Days Prior to your procedure, avoid the following foods:

- Foods with seeds (poppy seeds, bread with seeds)
- Nuts
- Salads
- Corn
- Beans
- Nonfat potato chips with Olestra
- Quinoa

#### 1 DAY PRIOR TO THE PROCEDURE:

CLEAR LIQUIDS ONLY! No solid food from the time you wake up. It is important to drink plenty of clear liquids this day.

See Attached Clear Liquid Diet Cheat Sheet.

### **WHAT TO WEAR & BRING TO YOUR PROCEDURE:**

#### **WEAR**

- Loose comfortable clothing such as a button shirt and loose pants or shorts that are easy to take on and off

#### **BRING**

- Medications to be taken after the procedure
- Insurance Card
- Photo Identification
- A list of your current medication
- Rescue inhaler, if applicable
- Containers for eye glasses, hearing aids or dentures, if applicable

#### **DO NOT WEAR**

- Jewelry
- High heels

## **X DO NOT BRING**

Valuables such as:

- Jewelry
- Money
- Wallet
- Keys
- Cell phone

### **PROCEDURE RESULTS NOTIFICATION**

After your procedure:

After your procedure your Physician or Endoscopy staff will discuss the preliminary results with you.

7-10 Business days after your procedure:

In 7-10 business days you will hear from the Gastroenterology staff by phone or letter, regarding the pathology results if biopsies were taken during your procedure, as well as when we will need to see you again.