

Colonoscopy – MiraLAX/Gatorade

Your procedure is scheduled on: _____ (Date)

Please check in at the Reception desk at _____. Your procedure is scheduled for _____.

Pre-Procedure Information:

✓ **Harmony Surgery Center is located at:**

2127 East Harmony Road, Suite 200

Fort Collins, CO 80528

Scheduling: (970) 297-6367

If you need directions to our facility, please visit our website at www.harmonyasc.com

****Please go online to www.harmonyasc.com and fill out your Online Registration. Please submit this prior to your date of service. Please see the last page of this packet for detailed Instructions and Password Information on how to complete your online registration.**

✓ **Please Remember**

You must have a driver to take you home. Your driver will need to be 18 years of age or older and must be willing to sign you out as your responsible party. You will not be permitted to drive or take a cab home. If you do not have a driver your appointment will be cancelled.

✓ Please leave all jewelry and valuables at home.

✓ Please bring your **Insurance Card** and a **Photo ID** (driver's license, passport or military ID).

✓ If you need to cancel or reschedule your procedure for any reason, please call our scheduling department at 970-297-6367. If you cancel with less than a 72-hour notice before your procedure you may be charged a \$300.00 cancellation fee.

General Information:

✓ The laxative will cause diarrhea. Good visualization of the colon depends on adequate colon cleaning.

✓ If you are unable to complete your prep, notify Harmony Surgery Center at 970-297-6303. If you have an urgent request after hours, please call 970-207-9773 and the gastroenterologist on-call can assist you.

✓ Take your medications as you normally would up until 4 hours before your procedure.

Colonoscopy Consent Form

I, _____ permit Dr. _____ and any other assistant needed in performing the procedure my doctor has recommended. The procedure my doctor has recommended is a COLONOSCOPY which is defined below and may include any of the following:

Colonoscopy: Examination of the large intestine with a flexible tube which is passed through the anus.

Biopsy: Removal of small pieces of tissue from within the intestine for analysis.

Polypectomy: Removal of small growths from within the intestine.

Benefits of a colonoscopy include but are not limited to the following: The lining of the colon is surveyed for inflammation, tumors, polyps, blockage from post-surgical colon stricture, and bleeding sites. Pre-cancerous polyps can be removed before they turn into colon cancer.

Alternatives to colonoscopy include: Doing no testing, the colon being alternatively viewed by barium enema x-ray and if abnormal one would require a colonoscopy, polyps may be removed through a surgical procedure.

Risks associated with a colonoscopy:

1. These are very accurate procedures, but as with any medical test, there is a small chance of missing something (polyps and/or cancer).
2. Possible rare complications associated with Colonoscopy include:
 - Perforation (making a hole) in the colon or intestine, which would require admission to the hospital and surgery for the correction of the perforation.
 - Bleeding (either immediate or delayed a few weeks) particularly if a biopsy is taken or a polyp is removed.
 - Heart or lung problems, aspiration, pneumonia.
 - Reaction (allergy) to medications.
 - Extremely low risk of injury to the spleen during a colonoscopy.
3. Any procedure which involves anesthesia/sedation has some risks.

I consent to the administration of intravenous medications during this procedure. The primary intent of administering this medication is to produce a state of relaxation while still being able to breath easily, swallow, answer questions and follow simple commands. You may lose consciousness and possibly be fully or partially immobilized. Recall of events during this procedure may also occur. The administration of medication carries some risk of complication. Few complications occur, most are minor and last only a short time. Some of the complications that rarely occur are: over sedation, low blood pressure, slow or ineffective breathing, pneumonia, and prolonged recovery time. Should any complication arise, both the physician directing the administration of these medications and the anesthesia provider who are with you are prepared and trained to intervene with the necessary treatment. _____

Patient initials

It has been explained to me that during the course of the procedure, unforeseen conditions may be revealed that necessitate an extension of the initial procedure or a different procedure than set forth above. I therefore authorize and request the above named physician or his designated consultants perform such procedures that are in his judgment necessary and desirable.

I consent to the study and retention or disposal of tissue parts that may be removed during the above procedure.

I consent to the presence of observers in the operating room, such as students, medical residents, medical equipment representatives, or other appropriate parties approved by my physician(s). Medical students may participate in my surgical care under the direct supervision of my physician(s).

I consent to the taking of photographs (including motion pictures) and the preparation of drawings and similar illustrated graphic material, and I also consent to the use of such photographs and other materials for scientific purposes in accordance of this institution.

I have had sufficient opportunity to discuss this procedure with Dr. _____ and I understand the nature of the procedure, the possible benefits, risks (including need for surgery), and alternatives listed.

MiraLAX /Gatorade Bowel Prep for Colonoscopy

For this preparation you will need:

1. One 238-gram bottle of MiraLAX.
2. Three Dulcolax (Bisacodyl) 5 mg LAXATIVE tablets (not suppository or stools softener).
3. 64 oz. of Gatorade, Propel, or Crystal Light lemonade (No RED, PURPLE or BLUE colors).

7 days before your procedure: Avoid seeds, nuts or corn in your diet. You will need to arrange for a responsible adult over the age of 18 to come with you into the facility on the day of your procedure to listen to your discharge instructions and drive you home, You may **NOT** take a cab or public transportation. You will not be allowed to drive until the day following your procedure.

- **If you take blood thinner products:** Follow the instructions for your blood thinner products as you were directed by your GI physician, PCP or Cardiologist.
- **If you take insulin products of oral diabetes medications** contact your physician to obtain specific directions for dosages on the day before and day of your procedure.

The Day Before your colonoscopy

You may have a light breakfast before 9 am, which may include the following: white bread, boiled or poached eggs, refined cereal, hot cereal, milk, yogurt, chicken, turkey or fish (not fried) and any clear liquids listed below

After breakfast begin following a clear liquid diet for the rest of the day. You may NOT eat anything further until AFTER your procedure. No solid foods, milk, or milk products are allowed. (PLEASE AVOID ANYTHING THAT IS RED, PURPLE OR BLUE). Clear liquids include: water, coffee (no milk or creamer), tea, plain chicken or beef broth, clear carbonated beverages (7-up, Sprite, and Ginger Ale), Jell-O (no fruit added), juices without pulp (apple or white grape), sports drinks, popsicles (without fruit pieces).

Step 1:

Beginning at approximately 3:00pm

Take three Dulcolax tablets with 8 oz. of water. Swallow the tablets whole with a full glass of water.

Step 2:

Mix bottle of MiraLAX in 64 oz. of Gatorade (or other clear liquid). Shake the solution until the MiraLAX is dissolved and refrigerate. Split this solution in half; You will drink 32 oz. today and 32 oz. tomorrow.

Beginning at approximately 6:00pm

Drink 4 - 8 oz. glasses of the solution every 15 minutes until the first 32 oz. is completed. Continue drinking clear liquids until you go to bed.

The day of the procedure

Take your usual medications (especially heart and blood pressure medications) up until 4 hours prior to your procedure. It is OKAY to take Aspirin up to and including the day of the procedure up until 4 hours prior.

Step 3: **At least 5 hours before your scheduled procedure** time, you will drink the remaining 32 oz. of solution by drinking 4 -8oz glasses of solution every 15 minutes until you are finished. **This MUST be completed 4 hours prior to your procedure.** **After that, STOP ALL FLUIDS.** **Do not eat or drink anything until after your procedure is complete. This includes NO gum, mints or candy.**

Important Billing Information...

As you prepare for your procedure, we want to make sure you understand how you will be billed for the services you receive. At a minimum, you will receive three separate bills. Depending on your specific procedure, you may also get additional bills.

Billing Sources...

- **Surgery Center's Bill:**

You will get a bill from us for what is known as the facility fee. This fee is for the staff, supplies, equipment and medications we provide for your safe and successful experience here.

- **Surgeon's Bill:**

Since the physician performing your surgery is not an employee of the Center, you will be billed separately for these services. The physician's bill will be sent from the physician's office.

- **Anesthesia Bill:**

The anesthesia you receive during your procedure will be supervised by an Anesthesiologist and provided by a Certified Registered Nurse Anesthetist and you will be monitored throughout the procedure. Please call 970-224-2985 if you have questions regarding anesthesia.

Other Bills: Depending on several factors related to your procedure, you may receive services and additional bills which may include:

- **Laboratory Bill:** May include fees for blood or urine tests.
- **Pathology Bill:** - May include testing of any tissue samples taken during the procedure. Pathology results will be available from your physician's office **7-10** days after your procedure.

Colonoscopy Guidelines to Keep in Mind...

The Affordable Care Act passed in March 2010 allowed for several preventative services, such as colonoscopies, to be covered at no cost to the patient. However, there are many caveats that prevent patients from taking advantage of this provision. There are now strict guidelines that explain which colonoscopies are defined as a preventative service (screening). These guidelines may exclude many patients with gastrointestinal histories from taking advantage of the service at no cost. Patients may be required to pay co-pays and deductibles. In addition, an inadequate bowel prep may result in additional charges.

Diagnostic/therapeutic colonoscopy

Patient has past and/or present gastrointestinal symptoms, polyps, or gastrointestinal disease. This may equate to patient copay, deductible or coinsurance.

Surveillance Colonoscopy

Patient is asymptomatic (no gastrointestinal symptoms), has a personal history of gastrointestinal disease, colon polyps and/or cancer. Patients in this category are required to undergo colonoscopy surveillance at varying ages and intervals based on the patient's personal history. Surveillance colonoscopy is performed to monitor the potential risk of reoccurrence of the condition/disease. This may equate to patient copay, deductible or coinsurance.

High Risk Screening Colonoscopy

Patient is asymptomatic (no gastrointestinal symptoms either past or present), has a family history of gastrointestinal disease, colon polyps, and/or cancer.

Preventive Colonoscopy Screening

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

Can a diagnosis or procedure code be changed, added, or deleted so that I may be considered a screening procedure?

No. Often insurance representatives will tell a patient that if only the claim was coded with a "screening" diagnosis it would have been covered at 100%. However, the "screening" diagnosis can only be amended if it applies to the patient. Many insurance carriers only consider a patient over the age of 50 with no personal or family history as well as no past or present gastrointestinal symptoms as a "screening" (Z12.11). Furthermore, the patient encounter is documented as a medical record from information you have provided as well as an evaluation and assessment from the physician. It is a binding legal document that cannot be changed to facilitate better insurance coverage. Please understand there are strict government, insurance company and coding guidelines against altering a chart or bill for the sole purpose of coverage determination. This is considered insurance fraud and punishable by law.

Our staff will do their very best to help you with questions and guide you to the proper sources of information. Please contact your insurance company in advance to verify network status, benefits and facility coverage. If you have any questions about this information, please contact us at (970)297-6449, (970)297-6435 or (970)297-6454. Thank you!



**PLEASE FILL OUT YOUR ONLINE REGISTRATION
BEFORE YOUR PROCEDURE BY GOING TO:**

www.harmonyasc.com

Click on the “Patient Registration” button at the top of the page

New Patient Password: **HSC970NEW**

Please follow prompts and answer all of the questions.