



Powered by GI Alliance

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PROVIDER FEES

For questions regarding your out-of-pocket fee, we ask that you please contact our Patient Care Advocacy Department at 214-623-6230.

FACILITY & ANESTHESIA FEES

For questions regarding your out-of-pocket fee for the facility and anesthesia, we ask that you please contact the facility directly. Their number is indicated on the label below. THE FACILITY WILL CONTACT YOU ONE BUSINESS DAY PRIOR TO YOUR PROCEDURE FOR PRE-ADMISSION INFORMATION

PATHOLOGY FEES

Should our providers collect samples for biopsy, your insurance will be billed for these services. If there is patient responsibility, you will receive a bill from the pathology providers.

PREPARING FOR YOUR COLONOSCOPY

Your doctor has ordered a colonoscopy, which is a test to examine the inside of the colon and rectum using a tiny camera.

IMPORTANT: To ensure a successful exam, please read and follow ALL instructions on this sheet carefully. Failure to do so may result in your procedure being postponed or canceled.

BOWEL PREPARATION

- Before your colonoscopy, you must complete a bowel preparation with laxative medications to clear your colon of stool so that your doctor can clearly see your colon.
 - ☐ A prescription for your bowel prep kit has been sent to GI Alliance Pharmacy-Houston. The pharmacy will contact you 1 week prior to your procedure to discuss your prescription and delivery options. If you have not received a call, please contact GI Alliance Pharmacy-Houston at 713-730-2947.
 - OR**
 - ☐ A prescription for your bowel prep has been sent to your local pharmacy on file. We recommend that you fill your prescription at least a week before your procedure.
- **IN ADDITION**, please purchase one box of Dulcolax laxative tablets (or generic bisacodyl) **over the counter** at your local pharmacy.



YOUR MEDICATIONS

- Your doctor has reviewed your medication list and has determined that **the following medications will need to be stopped before your procedure** to ensure a safe and successful exam.

_____ days before procedure, hold _____

_____ days before procedure, hold _____

_____ days before procedure, hold _____

- Unless otherwise specified above, you may take your usual morning medications (including blood pressure medications) at least 4 hours prior to your procedure with a small amount of water.

IF YOU HAVE DIABETES

- If you take insulin, take ½ dose the night before your procedure.
- Do not take any diabetes medication the morning of your procedure.
- You may take your medication following your procedure, after you have eaten.

TRANSPORTATION

- Arrange for an adult family member, friend, or medical transport to drive you home after the colonoscopy, as you will still be drowsy from sedation and unsafe to drive.
- You will not be allowed to use any form of public transportation following your procedure, which includes Taxi, Ride-share service, like Uber or Lyft.

RESCHEDULING/CANCELLING

- If you need to reschedule your procedure for any reason, we kindly ask that you notify our office ASAP and no later than 48 hours prior to your procedure. No shows and cancellations not reported within this time frame are subject to a \$100 cancellation fee. This fee is NOT covered by insurance.

LOCATION

- Your procedure will be done at the following facility:

(Place Facility Label Here)

Date: _____

Time: _____

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WHAT TO EXPECT

- You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- Most people feel mild bloating and abdominal cramps. This is also normal. Drinking the water more slowly and over a longer period of time may help.
- A successful colon prep will cause you to have clear yellow ("tea-colored") liquid stools.
- Please finish your prep regardless of your stool color.

COLONOSCOPY PREP INSTRUCTIONS – MIRALAX/GATORADE

PLEASE PURCHASE THE FOLLOWING

- One (1) box of Dulcolax tablets (or generic bisacodyl)
- One (1) 238 gram bottle of MiraLAX
- Two (2) 32 oz of Gatorade (any flavor, **EXCEPT RED, BLUE, OR PURPLE**)



3 DAYS BEFORE COLONOSCOPY

- Stop taking any iron or fiber supplements.
- Stop eating any raw fruits, raw vegetables, seeds, nuts, corn, or popcorn.

1 DAY BEFORE COLONOSCOPY

- ****DO NOT EAT SOLID FOOD FROM NOW UNTIL YOUR COLONOSCOPY IS DONE****
- Starting at breakfast, you must drink **ONLY clear liquids ALL DAY**. A clear liquid is one that you can read a newspaper through:
 - Water / Mineral Water
 - Clear fruit juices without pulp (apple, white cranberry, white grape, lemonade)
 - Clear carbonated and non-carbonated soft drinks or sports drinks (no red or purple)
 - Coffee or Tea (no cream or milk)
 - Beef/chicken/vegetable/bone broth
 - Popsicles/Icee/Slush (no red or purple)
 - Jell-O (no red or purple)
 - No milk products
- **12 PM**
 - Take 4 Dulcolax tablets.
 - Divide the MiraLAX bottle equally into each 32-ounce Gatorade and mix until dissolved. There should be 119 grams of MiraLAX in each Gatorade bottle. Keep cool in the refrigerator. Do **NOT** add ice.
- **6 PM - TAKE DOSE 1**
 - Step 1: Drink the 1st 32-ounce bottle of MiraLAX/Gatorade solution (drink 8 oz of solution every 15 minutes until the bottle is empty).
 - Step 2: Fifteen minutes later, drink an 8-oz glass of water every 15 minutes for a total of two glasses.
- **6 HOURS BEFORE YOUR PROCEDURE TIME - TAKE DOSE 2**
 - Step 1: Drink the 2nd 32-ounce bottle of MiraLAX/Gatorade solution (drink 8 oz of solution every 15 minutes until the bottle is empty).
 - Step 2: Fifteen minutes later, drink an 8-oz glass of water every 15 minutes for a total of two glasses.

****YOU MUST STOP DRINKING ALL FLUIDS (INCLUDING WATER)
4 HOURS BEFORE YOUR PROCEDURE****