

North County Gastroenterology Medical Group, Inc.

3923 Waring Road, Suite A ▪ Oceanside, CA 92056 ▪ Tel (760) 724-8782 ▪ Fax (760) 842-7801

www.ncgastro.com

North County Gastroenterology Medical Group

Your Provider has recommended you have a procedure. This page will give you important information. Please read the entire page.

SCHEDULING OF YOUR PROCEDURE

- Please allow up to 14 business days for the scheduling department to contact you.

LOCATION OF PROCEDURE

Center for Endoscopy

3921 Waring Road, Suite B
Oceanside, CA 92056
760-940-6300 (scheduling)
760-724-8782 (prep questions)

Scripps Memorial Hospital

354 Santa Fe Drive
Encinitas, CA 92024
760-724-8782 ext 345 (scheduling)
760-724-8782 (prep questions)

Tri City Medical Center

4002 Vista Way
Oceanside, CA 92056
760-724-8782 ext 345 (scheduling)
760-724-8782 (prep questions)

CANCELLATION

If you cancel your procedure less than 72 hours from your appointment time or do not show up for your procedure, there will be a CHARGE of \$100.

BILLING for procedures performed at the Center for Endoscopy ONLY (for Scripps and Tri City, please contact them directly)

Please be aware, you may receive up to four (4) separate bills for this procedure:

- 1) Center for Endoscopy (where procedure is performed)
Billing (877) 579-4572 or (760) 940-6300
- 2) North County Gastroenterology (physician's bill)
Billing (760) 941-5040
- 3) Comfort Endoscopy (anesthesia)
Billing (877) 579-4572
- 4) Pathology (if biopsies are taken during procedure)
Biopsies could be sent to one of the entities below, depending on your insurance requirements:
 - Covenant (844) 455-2120
 - Dianon/LabCorp (800) 352-7788
 - Quest (866) 591-5790
 - Scripps (858) 784-5645

North County Gastroenterology Medical Group, Inc.

3923 Waring Road, Suite A ▪ Oceanside, CA 92056 ▪ Tel (760) 724-8782 ▪ Fax (760) 842-7801

www.ncgastro.com

Preparation Instructions for Colonoscopy

IMPORTANT: Please carefully read all instructions below for your safety. If you have questions regarding the procedure or your prep, please call the office.

BOWEL PREP: Pick up the bowel prep from your pharmacy as soon as possible

3 Days Before the Procedure	Day before the Procedure	Day of Procedure
<ul style="list-style-type: none"> • STOP EATING: <ul style="list-style-type: none"> ○ Seeds, popcorn, nuts, granola, fruit peels, raw vegetables. • STOP TAKING: <ul style="list-style-type: none"> ○ Iron pills ○ Fiber supplements (Psyllium, Metamucil, Citrucel, Fibercon, etc.) 	<ul style="list-style-type: none"> • Begin a CLEAR LIQUID DIET (see list on reverse side). This means no solid foods all day. • Diabetic patients: DO NOT take your diabetic pills. For insulin, inject ½ your usual dose. Monitor your blood sugar closely. • At 4:00PM: Mix the Bowel Prep as directed on box/container. Finish the first dose (½ of prep) by 9PM. Then drink 4 additional glasses of water. • Confirm arrangements with your driver, you will be under sedation for the procedure <ul style="list-style-type: none"> - You CANNOT drive - You CANNOT use a taxi, Uber, or a bus to get home. <i>Your driver MUST come inside and check in with the receptionist prior to the procedure.</i> 	<ul style="list-style-type: none"> • DO NOT EAT ANYTHING • 6 hours before check in start drinking the second dose (remaining ½) of prep, then drink additional water as you did the night before. • You must finish drinking prep & water at least 3 hours before your check in time • If you take daily blood pressure, heart, thyroid, or pain medications, take them with a sip of water at least 3 hours prior to your check in time • Diabetic patients: DO NOT take your diabetic pills or insulin today. Check your blood sugar the morning of the procedure. If greater than 300mg/dl or less than 80mg/dl, call the office. • DO NOT DRINK ANYTHING FOR 3 HOURS PRIOR TO ARRIVAL

Failure to follow these instructions can lead to cancelation of the procedure.

Blood Thinners:

- Aspirin: if you take a daily aspirin, you do not need to stop this medication for your procedure
- Antithrombotic Medications:
 - Warfarin (Coumadin), Dabigatran (Pradaxa), Rivaroxaban (Xarelto), Apixaban (Eliquis)
 - Continue this medication
 - Stop for _____ days prior to procedure
- Antiplatelet Medications:
 - Dipyridamole (Persantine, Aggrenox), Clopidogrel (Plavix), Ticagrelor (Brilinta), Prasugrel (Effient), Cilostazol (Pletal)
 - Continue this medication
 - Stop for _____ days prior to procedure

REMINDER: DO NOT DRINK ANYTHING FOR 3 HOURS PRIOR TO ARRIVAL

Cancellations: If you cancel your procedure **less than 72 hours** from your appointment time, **do not show up** for your procedure, or we cancel due to not following prep instructions, you will be **CHARGED \$100.**

The Center for Endoscopy cannot be responsible for any valuables. Please leave all jewelry and other valuables at home or with your ride prior to check in.

North County Gastroenterology Medical Group, Inc.

3923 Waring Road, Suite A ▪ Oceanside, CA 92056 ▪ Tel (760) 724-8782 ▪ Fax (760) 842-7801

www.ncgastro.com

CLEAR LIQUID DIET

NO SOLID FOODS ALLOWED

AVOID ARTIFICIAL RED DYES

- No red Jell-O
- No red Gatorade
- No red Kool-Aid
- But can have Natural red color such as cranberry juice

RESTRICT YOUR CHOICES TO THE LIQUIDS LISTED BELOW

- Water, tea, coffee
- Carbonated beverages and clear fruit juices listed below:
 - Grape juice
 - Cranberry juice
 - Cranberry juice products
 - Apple juice
 - Gatorade (No RED Gatorade)
 - Coconut water
- Jell-O (No RED Jell-O)
- Broth: beef, chicken, vegetable and Miso
- Sugar, honey, and syrups

DIABETICS:

- Please use sugar free beverages. Do not use any sugar, honey, or syrups.