

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

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PROCTO-SIGMOIDOSCOPY PREP

BOWEL PREP: No prescription is necessary for the following medication. Purchase at the pharmacy.

- Buy 2 Dulcolax Laxative tablets (not the suppositories)
- Buy 2 Fleets Enemas

GENERAL INSTRUCTIONS:

- Cancellations: 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.**
- Iron Pills: Stop for 3 days
- Fiber supplements (Psyllium, Metamucil, Citrucel, Fibercon, etc): Stop for 3 days
- Seeds, popcorn, nuts: Stop for 3 days
- Aspirin: If you are on Aspirin, you do not need to stop this medicine for the procedure.
- Antithrombotic Meds:
 - Warfarin (Coumadin), Dabigatran (Pradaxa), Rivaroxaban (Xarelto), Apixaban (Eliquis)
 - Continue Stop for _____ days
- Antiplatelet Meds:
 - Dipyridamole (Persantine, Aggrenox), Clopidogrel (Plavix), Ticagrelor (Brilinta), Prasugrel (Effient), Cilostazol (Pletal)
 - Continue Stop for _____ days

1 DAY BEFORE THE PROCEDURE:

- After lunch, drink **CLEAR LIQUIDS ONLY** (see list on reverse side). **NO solid food!**
 - **Diabetic Patients:** Do not take any diabetic pills. For insulin inject ½ of your usual dose.
- At **5:00 PM**, take 2 Dulcolax tablets.
- At **7:00 PM**, use one Fleets Enema as instructed on the box.
- Continue drinking clear liquids until bedtime.

DAY OF THE PROCEDURE:



- **Nothing to eat or drink.**
- **If your procedure is in the morning:** use the other Fleets Enema at home upon waking up but at least 1 hour before leaving home. Follow the instructions on the box.
- **If your procedure is in the afternoon:**
 1. At 4 hours before your procedure, use the other Fleets Enema at home as instructed on the box.
 2. You may have clear liquids up until 3 hours before your arrival time.

- Diabetic medications: Do NOT take your diabetic pills or insulin.
- Blood thinners: Follow directions listed above.
- All other meds: Take these at least 3 hours prior to arriving for procedure or after your procedure.
- We cannot be responsible for any valuables. Please leave all jewelry, including rings, at home.

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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.