

## 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

# General Instructions: Colonoscopy

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



➤ **Day of the procedure: DO NOT EAT TODAY.** You must **FINISH** the preparation and prescribed water at least **3 HOURS** prior to check in. **DO NOT DRINK ANYTHING AFTER THIS.**

You are scheduled for a Colonoscopy procedure. It is very important you follow **all** the instructions below for your safety. If you have questions regarding the procedure or your prep, please call the office: (760) 724-8782.

3 Days Prior to Procedure	1 Day <u>Prior</u> to Procedure	<u>Day</u> of Procedure
<ul style="list-style-type: none"> <li>• <b>STOP EATING:</b> <ul style="list-style-type: none"> <li>○ Seeds, popcorn, nuts, granola, fruit peels, raw vegetables.</li> </ul> </li> <li>• <b>STOP TAKING:</b> <ul style="list-style-type: none"> <li>○ Iron pills</li> <li>○ Fiber supplements (Psyllium, Metamucil, Citrucel, Fibercon, etc.)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Begin a <b>CLEAR LIQUID DIET</b> (see list on reverse side). This means <i>no solid foods of any kind all day</i>.</li> <li>• <b>Diabetic patients: DO NOT</b> take your diabetic pills. For insulin, inject ½ your usual dose. <b>Monitor your blood sugar closely.</b></li> <li>• <b>At 4:00PM:</b> Mix the Bowel Prep as directed on box/container. <b>Finish the first dose (½ of prep) by 9PM.</b> Then drink <u>4 additional glasses</u> of water.</li> <li>• <b>Make sure you have a driver.</b></li> <li>• You <b>CANNOT</b> drive yourself.</li> <li>• You <b>CANNOT</b> use a bus, taxi, an Uber, or Lyft.</li> </ul> <p><i>Your driver must come inside and check in with the receptionist before the procedure.</i></p>	<p><b>DO NOT EAT ANYTHING.</b></p> <ul style="list-style-type: none"> <li>• <b>Start drinking the second dose</b> (remaining ½) of prep 6 hours before your check in time.</li> </ul> <p><b>YOU MUST FINISH DRINKING EVERYTHING (INCLUDING MORNING MEDS) AT LEAST 3 HOURS PRIOR TO CHECK IN.</b></p> <ul style="list-style-type: none"> <li>• <b>Diabetic patients: DO NOT</b> take your diabetic pills or insulin today. Follow blood sugar closely, <b>if over 300mg/dl or less than 80mg/dl</b>, call the office / on call doctor at 760-724-8782.</li> <li>• If you take daily blood pressure, heart, thyroid, or pain medications, <b>take them with a sip of water at least 3 hours before check in.</b></li> <li>• <b>Confirm arrangements with your driver.</b></li> </ul>

**Blood Thinners:**

- Aspirin: if you take a daily aspirin, keep taking this medication.
- Antithrombotic Medications:
  - Warfarin (Coumadin), Dabigatran (Pradaxa), Rivarobaxan (Xarelto), Apixaban (Eliquis)
    - Continue this medication
    - Stop for \_\_\_\_\_ days prior to procedure
- Antiplatelet Medications:
  - Dipyridamole (Persantine, Aggrenox), Clopidrogel (Plavix), Ticagrelor (Brilinta), Prasugrel (Effient), Cilostazol
    - Continue this medication
    - Stop for \_\_\_\_\_ days prior to procedure

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

\*The Center is not responsible for valuables. Please leave all jewelry/ valuables at home or with your ride. \*

## **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.