

# Wake Gastroenterology

A Division of Wake Internal Medicine Consultants, Inc.

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Patient's Name: \_\_\_\_\_ Doctor: \_\_\_\_\_  
Procedure Date: \_\_\_\_\_ Procedure Time: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

**THERE IS A \$250.00 CHARGE FOR FAILING TO CANCEL OR RESCHEDULE YOUR PROCEDURE AT LEAST 48 HOURS PRIOR TO YOUR PROCEDURE TIME. THIS INCLUDES CANCELING THE MORNING OF YOUR PROCEDURE.**

To change appointment please call Ann (919) 645-3026 OR Debbie (919) 781-7500, ext. 1278

## LOCATIONS:

<b>Wake Internal Medicine</b> 3100 Blue Ridge Road, Suite 300 Raleigh, NC 27612 (919) 781- 7500	<b>Raleigh Endoscopy Center</b> 2417 Atrium Drive, Suite 101 Raleigh, NC 27607 (919) 791-2060	<b>Raleigh Endoscopy Center North</b> 8300 Healthpark Drive, Suite 210 Raleigh, NC 27615 (919) 256-7980
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## OSMOPREP INSTRUCTIONS

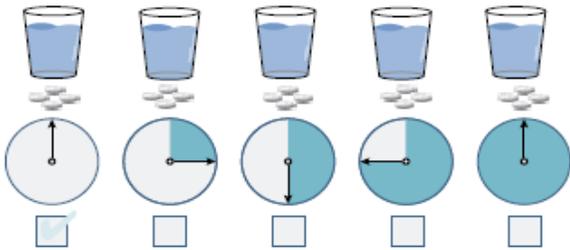
- 3 days prior to appointment – NO popcorn or nuts
- 2 days prior to appointment – NO Vegetables.
- 1 day prior to appointment – Clear liquid diet (see list attached)

Beginning on \_\_\_\_\_ at **6 p.m.**

Beginning on \_\_\_\_\_ at \_\_\_\_\_ **a.m.**

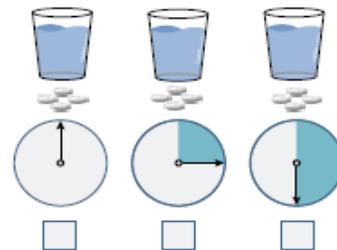
### First Regimen

One dose (4 tablets with 8 oz of any clear liquid) every 15 minutes for a total of 5 doses (20 tablets)



### Second Regimen

One dose every 15 minutes for a total of 3 doses (12 tablets)



**You must complete the entire prep to ensure the most effective cleansing.**

## Nothing to eat or drink four hours prior to the procedure

If you are a diabetic, please ask about your medication instructions.

You may take any blood pressure or heart medications with water early the morning of the procedure.

NO, fish oil, aspirin and/or non-steroidal anti-inflammatory medications (Ibuprofen, Nuprin, Advil, Aleve, Motrin, etc.) should be taken for 5 days prior to your procedure. Tylenol is acceptable.

If you are on coumadin, you must check with the prescribing physician at least 5 days prior to your procedure date.

\*NOTE:\* If tissue samples are taken, you may receive a separate bill from the pathologist. These may be filed with your insurance company.

Make sure to bring your current insurance cards.

You should avoid foods that contain Olestra and medication Xenical for 1 week prior to your procedure.

DO NOT USE Suppositories or ointments before your procedure.

## You will need someone to drive you home after the procedure

**IF YOU DO NOT HAVE A RIDE, THE PROCEDURE WILL NOT BE DONE -- CAB RIDES ARE UNACCEPTABLE**

**LOW or SOFT FIBER DIET: 2 Days prior to colonoscopy.**

No vegetables, hard fruit or nuts

SOUPS: Broth or cream soups

MEATS: Tender Veal, beef, lamb, ham, chicken, turkey, liver, pork, fish or shellfish

FRUITS: Fruit juices, peeled or baked apples, ripe banana, canned peaches, canned pears, plums, apricots and cherries

CEREALS & BREADS: Refined cereals such as corn flakes, puffed rice, corn pops, frosted flakes, rice krispies, well cooked oatmeal, rice, noodles, macaroni, spaghetti, farina, grits, cornmeal, cream of wheat, white bread, plain crackers, plain rolls, biscuits, cornbread, plain waffles, and pancakes

DESSERTS: Pudding, custard, ice-cream, sherbet, cookies, gelatin desserts

BEVERAGES: Coffee, tea, juices, carbonated beverages, and milk

FATS: Butter, margarine, cream, sour cream, oil, crisp bacon, smooth peanut butter, mayonnaise

MISC: Eggs, seasonings, jelly, honey, syrup, lemon juice, vinegar, cocoa, catsup, mustard, gravy, sauces, hard and chocolate candy made without nuts, coconut and dried fruits

**CLEAR LIQUID DIET: 1 Day prior to colonoscopy**

SOUPS: Clear bouillon, clear broth, of consommé

BEVERAGES: Tea, black coffee (decaf/regular), carbonated beverages (soft drinks), Kool-aid, Gatorade, water

JUICES: Cranberry, grape, apple (**NO orange juice or tomato juice**)

DESSERTS: Jell-O, Iced popsicles, water ices (**DO NOT USE red flavors**)

MISC: Sugar, salt, hard candy (lifesavers, etc.)

**DO NOT EAT OR DRINK ANYTHING FOUR HOURS PRIOR TO THE PROCEDURE**

**All Endoscopy Patients**

PRIOR INSURANCE APPROVAL

Some insurance companies require prior approval for these procedures done in the office. It is your responsibility to check with your insurance company for prior approval. If they require authorization, please call our office, (919) 781-7500, Ext 1247 with all pertinent information and we will obtain the authorization. Some insurance companies may not cover screening procedures. If your doctor has requested your procedure because you have reached the age where these procedures are recommended, your insurance company considers this a screening procedure. It is your responsibility to see how your insurance company will cover the procedure. For some outpatient procedures, insurance companies will cover at the percentage or co pay different than they would for an office visit.

WAKE GASTROENTEROLOGY/WAKE INTERNAL MEDICINE PAYMENT POLICY

PAYMENT IS DUE AT TIME OF SERVICE

Wake Gastroenterology / Wake Internal Medicine Consultants requires patients with Medicare and non-contracted insurances to pay your estimated cost of the procedure in full one week prior to services being rendered. This is an estimated cost only and is subject to change in response to the physician's findings and subsequent treatment. If you have Medicare your estimated cost will be based upon the current Medicare Limiting Allowable, for all other plans your estimated cost will be based upon our current fee schedule. Our office will submit a claim to your insurance company on your behalf. Your insurance company will then remit their payment directly to you, the insured.

ALL COLONOSCOPY – UPPER ENDOSCOPY PATIENTS

Because of the medication you receive, you may not remember the procedure or speaking with the doctor afterwards. We encourage you to ask questions prior to the procedure and to call our office afterward, should you have any questions. The doctor will discuss his findings with you after the procedure. If biopsies or polyps were removed during the procedure, you should receive a phone call regarding the findings within 5-7 business days. If you have not heard from our office about the pathology results within 7 to 10 days, please call.

## Oral Sodium Phosphate Products for Bowel Cleansing

This is a summary of the most important information about oral sodium phosphate (OSP) bowel cleansing products. For details, talk to your healthcare professional

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**FDA ALERT [5/2006] a rare form of kidney Failure has been associated with the use of oral Sodium phosphate (OSP) products (e.g., Fleet Phospho-soda solution, Fleet Accu-Prep solution, and Visicol tablets) for bowel cleansing. No cases of kidney failure have been associated with a recently approved OSP product (OsmoPrep tablets) for bowel cleansing.**

*This information reflects FDA's current analysis of data available to FDA concerning these drugs. FDA intends to update this sheet when Additional information or analyses become available.*

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### What Are OSP Bowel Cleansing Products?

Bowel cleansing products are used to clean the stool out of your bowel before certain medical procedures, like colonoscopy.

### Who Is at Most Risk for Kidney Failure with Use of OSP Bowel Cleansing Products?

You are at increased risk of developing kidney failure with the use of OSP bowel cleansing products if you have any of the following conditions:

- Heart failure
- Previous Kidney problems
- Are elderly
- Are taking certain medications that affect kidney function

### What Are The Risks?

The following list includes the most common risks and side effects of OSP therapy. However, this list is not complete.

- **Dehydration** - tell your doctor if you have dizziness when you stand up or are urinating less often than normal. These are signs that you have lost too much fluid while using OSP. Tell your doctor if you are having trouble drinking liquids during your bowel cleansing or have been vomiting.
- Abdominal (belly) pain or bloating
- Nausea

- Vomiting
- Headache
- Dizziness

### What Should I Tell My Healthcare Professional?

**Before you use OSP bowel cleansing products, tell your healthcare professional if you:**

- Are on a low salt diet
- Use a diuretic (fluid pill), medicine for high blood pressure, or medicine for arthritis
- Use medicine for heart problems or seizures
- Have used laxative for constipation in the past week
- Have a history of kidney problems
- Are pregnant or nursing a baby

### Can Other Medicines Or Food Affect OSP Bowel Cleansing Products?

OSP bowel cleansing products and certain other medicines can interact with each other. Tell your healthcare professional about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. Some medicines may affect how OSP bowel cleansing products work. Also, OSP bowel cleansing products may affect how your other medicines work. Know the medicines you take. Keep a list of them with you to show your healthcare professional.

### What Else Should I Know About OSP Bowel Cleansing Products?

Bowel cleansing products work by causing you to lose large amounts of fluid through your bowel movements. Frequent, loose and liquid bowel movements are expected. It is very important that you replace this fluid to prevent dehydration. Drinking large amounts of clear liquids helps you replace the fluid you lose and helps clean your bowel for your procedure. Talk to your doctor about what you can drink to help lessen the chance of becoming dehydrated while using the OSP bowel cleansing products.



## **What Is Lower GI Endoscopy?**

Lower GI endoscopy is a special exam of your lower gastrointestinal (GI) tract. If you are having symptoms of a lower GI problem or have had an abnormal x-ray, this procedure may be done to get a better look. It can also help treat certain lower GI problems.

## **What Is An Endoscope?**

During endoscopy, a long, narrow, flexible tube called an endoscope is used. This instrument contains a strong light video camera. Your GI tract can then be viewed on a video screen.

## **Getting Ready**

Follow these and any other instructions you were given before your endoscopy. If you don't follow the doctor's instructions carefully, the test may need to be cancelled or done over. For a colonoscopy, you may be told not to eat and to drink only clear liquids for 1 to 2 days before the exam. Take any laxatives that are prescribed for you. An enema may also be prescribed. Arrange for someone to drive you home after the exam if you will be sedated.

## **What To Tell Your Health Care Provider**

Tell your healthcare provider before the exam if any of the following is true for you:

- You are allergic to any medication or anesthetic.
- You take any medication, especially aspirin or blood thinners.
- You have heart or lung problems
- You are pregnant.

## **The Procedure**

The doctor and a nurse or technician performs the procedure. Colonoscopy can take 30 minutes or longer. Sigmoidoscopy often takes less than 15 minutes.

## **During the Procedure**

You lie on the table on your left side.

For colonoscopy, you are given sedating (relaxing) medication through an IV (intravenous) line. Sigmoidoscopy usually doesn't require sedation. The endoscope is inserted into your rectum. You may feel pressure and cramping. If you feel pain, tell your doctor or nurse. You may receive more sedation or some pain medication. The endoscope carries images of your colon to a video screen. Prints of the image may be taken as a record of your exam. When the procedure is done, you rest for a time. If you have been sedated you must have an adult drive you home.

## **Lower GI Anatomy**

Lower GI endoscopy allows your doctor to examine your lower GI tract. Your entire colon and rectum can be examined (colonoscopy). Or just the rectum and sigmoid colon can be examined (Sigmoidoscopy).

## **What Lower GI Endoscopy Can Do**

Lower GI endoscopy helps diagnosis inflammation of the colon (colitis). It can be used to remove growths (polyps) from the wall of the digestive tract. It can be used to take a sample of tissue (biopsy) for later study. It can pinpoint causes of bleeding or pain. It can also help detect colon or rectal cancer.

## **After the Procedure**

You may hear some test results before you go home. If you had polyps removed or a biopsy, results may take several days. Follow your doctor instructions for how to care for yourself after the procedure.

## **When to Call Your Doctor**

Call if you have any of the following:

- Pain in your abdomen
  - Fever
  - Rectal bleeding
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