

Nulytely (or generic brand) Colonoscopy Prep Instructions (If you have prep questions, please call SFEC 505-988-3373)

Cancellation & Billing Notice	7 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>Cancellations: If you need to cancel this appointment, please call 505-983-5631 Option #5. If you fail to cancel within 3 days, you will be charged a \$100 fee that is not covered by your insurance.</p> <p>Billing Notice: You will receive the following billings for this colonoscopy:</p> <ol style="list-style-type: none"> 1. Doctor billing @ Northern NM Gastroenterology Phone: 505-983-5631 option 3 Northern NM Gastroenterology does NOT collect any money. 2. Facility billing @ The Endoscopy Center of Santa Fe Phone: 866-809-1220. <i>This facility will collect your copay and it is applied to the facility bill.</i> 3. Sedation billing @Anesthesiology/The Endoscopy Center of Santa Fe Phone: 855-214-1254 4. Pathology billing @Santa Fe Pathology* Phone: 505-986-8620. <p>*This only applies if biopsies are taken. If you have any questions about your benefits & coverage, please contact your insurance carrier. For screening colonoscopies: In the event of a finding, such as the removal of polyp(s), the procedure is no longer considered a “screening” exam and your insurance coverage could change to “diagnostic”. Please check with your insurance carrier about the difference in benefits. If you had symptoms prior to the colonoscopy; this would not be considered a screening” (even if you were due for a screening at this time). PLEASE contact your insurance carrier.</p>	<p>Review your appointment sheet to arrange your ride. You will be sedated for the procedure, and you must have an escort to drive you to and from your procedure. Taxis, public transportation, and Uber/Lyft are not allowed. Your driver must remain within 10 minutes of the Endoscopy Center. If you do not have a driver, your exam cannot be done with sedation and will be cancelled.</p> <p>Throughout this prep you should continue taking all your normally prescribed medications unless you are told otherwise. If you are on Blood thinners, please contact your Prescribing Physician to ensure it is safe to stop. (See list of blood thinners on back page).</p>	<p>Please begin a low residue/low fiber diet. Please see supplemental diet sheet</p> <p>Pick up your prescribed prep at your pharmacy if you have not already done so.</p> <p>Stop eating nuts & any food with seeds.</p> <p>Consider buying personal hygiene wipes or hemorrhoid cream to prevent a sore bottom.</p> <p>By now you should already have a plan for your blood thinners please contact your prescribing physician to ensure it is safe to stop them. Please see the supplemental medication sheet on the back page.</p>	<p>Please note on the day of your procedure</p> <p>When your procedure is completed, you will not be able to work, drive, operate equipment, sign important documents, bend over or lift heavy objects. No sedatives or alcohol.</p>	<p>Begin a clear liquid diet at midnight the day before your procedure. See supplemental diet sheet. (Example. If you are scheduled on a Monday, you begin the clear liquid diet on Saturday /Sunday at Midnight. Clear liquids all day Sunday, appointment on Monday) Eat no solid food.</p> <p>12 Noon: THE DAY BEFORE YOUR PROCEDURE: add water up to fill line of bowel prep jug, mix well and place in refrigerator.</p> <p>3:00PM: Begin drinking 8 ounces of prep solution every 15 minutes until half the solution is finished.</p> <p>Continue to drink other clear liquids as it will help the medicine clean your colon. Bloating, abdominal discomfort, and nausea are common symptoms. Please do not let these symptoms get in the way of finishing the prep. These symptoms can be minimized by drinking the solution more slowly. Consider using a straw. If vomiting occurs, take a break and resume drinking prep when symptoms subside.</p>	<p>5 hours before procedure time: Begin drinking 8 ounces of prep solution every 10-15 minutes until the complete gallon (4L) solution is finished. <u>You must finish the complete prep at least 2 hours before your arrival time.</u> <u>If you do not finish the entire prep solution, you will be cancelled and rescheduled.</u></p> <p>3 hours before your arrival time: Take your regular medications unless instructed otherwise.</p> <p>2 hours before your arrival time: DO NOT DRINK OR EAT anything. Not even a sip of water. Inadequate prep or eating or drinking less than 2 hours of ARRIVAL time will result in cancellation of your procedure.</p> <p>Arrive 45 minutes prior to procedure time to The Endoscopy Center of Santa Fe to check in. 1630 Hospital Drive Suite A, Santa Fe, NM 87505 ...505-988-3373.</p> <p>Please bring your insurance card, ID and copayment if applicable. Dress comfortably and leave all jewelry and other valuables at home. If you wear glasses, hearing aids, or dentures, please bring a case with you to store these items during your procedure.</p>

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<u>Supplemental Medication List</u>	<u>Supplemental Diet List:</u>	<u>Clear Liquid Diet List:</u>
<p>It is ok to take all other medications not outlined below up to 3 hours before your procedure time.</p> <p>It is ok to continue acetaminophen (Tylenol, Paracetamol) and daily aspirin if you are on them.</p> <p><u>If you are on the below blood thinners, please contact your prescribing physician at least 7 days prior to your procedure to ensure it is safe to stop them.</u></p> <p>5-7 days prior to procedure you will need to stop the following medications:</p> <p>Coumadin (Warfarin) must be held at least 5 days prior to procedure</p> <p>Clopidogrel (Plavix), Prasugrel (Efferent), Ticagrelor (Brillinta), Ticlodipine (Ticlid) must be held at least 5 days prior to procedure</p> <p>Stop taking Non-Steroidal Anti-inflammatory Drugs (NSAID's). This includes but is not limited to: ibuprofen (Motrin/Advil), naproxen (Aleve, Naprosyn), diclofenac (Voltaren), indomethacin (Indocin), ketorolac (Toradol), celecoxib (Celebrex)</p> <p>Stop medicines that stop diarrhea such as loperamide (Imodium), bismuth subsalicylate (Kaopectate, Pepto-Bismol)</p> <p>Stop fiber supplements such as Metamucil, Citrucel, Benefiber, and Perdiem</p> <p>Stop iron supplements and multivitamins that contain iron</p> <p>Stop Alka seltzer and herbal supplements</p> <p>3 days prior to procedure</p> <p>rivaroxaban (Xarelto), apixaban (Eliquis), edoxaban (Savaysa), dabigatran (Pradaxa) must be held for at least 3 days prior to procedure</p> <p>Diabetics:</p> <p>If you have diabetes, your insulin dose may require adjustments by your primary care provider. Please monitor your blood sugar the day before your procedure as you will be required to be on a clear liquid diet. On the day of the procedure, you should not take your oral diabetic medications. Please contact your primary care provider regarding your insulin dosage.</p>	<p>Low Residue/Low Fiber Diet</p> <p>Start this diet Three days before your colonoscopy.</p> <p>Avoid the following:</p> <ul style="list-style-type: none">• Whole grain flour• Green chili if there are seeds present.• Corn• Bran• Granola• Oatmeal• Seeds (flax, sunflower, quinoa sesame etc)• Cereal with seeds• Raw vegetables (lettuce, cucumbers, tomato etc)• Vegetables with seeds• Raw or dried fruit• Fruit with skin• All berries• Popcorn• Brown and wild rice• Chunky peanut butter (smooth is ok) <p>All other foods are ok to eat</p>	<p>Start this diet 1 day prior to your colonoscopy.</p> <p>No solid food should be consumed until after your colonoscopy.</p> <p>You may drink the following clear liquids.</p> <p>Please note: Nothing RED, BLUE OR PURPLE. (These can look like blood in your colon.)</p> <ul style="list-style-type: none">• Water (plain, carbonated or flavored)• Clear apple juice, no pulp, white grape juice• Lemonade, Crystal light, Sports drinks/Gatorade/Powerade (not red, blue or purple).• Carbonated drinks, including dark sodas (cola and root beer)• Tea or coffee WITHOUT milk, cream, soy, almond or oat milk.• Clear Broth: beef, chicken or vegetable. Miso is ok.• Ice pops without any milk, bits of fruit, seeds or nuts (not red, blue or purple)• Gelatin (Jell-O) (not red, blue or purple) <p>Do not drink the following:</p> <ul style="list-style-type: none">• Anything red, blue or purple. These liquids can look like blood in the colon.• Milk, soy, almond or oat milk• Artificial creamers• Fruit or vegetable smoothies• Alcohol