

Colonoscopy

By scheduling this procedure, you have reserved the procedure room, the OR staff and the physician.

Cancellations: If you need to cancel this appointment please call 505-983-5631 to cancel your appointment at least 3 business days prior to the appointment. If you fail to cancel your appointment within the allotted time frame you will be charged a \$100 fee that is not covered by your insurance.

Billing Notice:

You will receive multiple billings for services rendered associated with your procedure. The service categories are as follows:

1. **Physician Fee:** Northern New Mexico Gastroenterology Associates.
2. **Facility Fee:** The Endoscopy Center of Santa Fe
3. **Pathology Fee:** Santa Fe Pathology

If you have questions about your benefits & coverage, please contact your insurance carrier.

What to Expect During Your Colonoscopy:

Before The Procedure: You will change into a gown and an IV will be started so you may receive sedation. There will be monitoring devices that will keep track of your vital signs throughout the procedure.

During The Procedure: For the procedure you will lie on your left side and receive 2 medications (conscious sedation), Versed and Fentanyl. This will have a "twilight sleep" effect on most people. You may experience some bloating or mild cramping during your procedure which is often relieved by passing gas or taking deep breaths. The doctor will increase the sedation as needed. Once the sedation takes effect, you may not remember much else. While you are sedated, the doctor will insert a hose-like instrument called a colonoscope into your anus, through your rectum and your colon. The colonoscope is fitted with a light, camera and other instruments that the doctor will use to examine your colon for: Inflammation, and/or Polyps. The procedure allows the doctor to remove polyps before they

become cancerous and take other small samples (biopsies) for lab analysis. There are no nerve endings in the lining of the colon so polyp removal and biopsies should be relatively painless.

After The Procedure: After the procedure you will be taken to the recovery room where you will rest until the sedation partially wears off. The Doctor will speak to you and your DRIVER about the results. Any polyps or biopsies that are removed will be sent to the lab for analysis. These results may take 7-10 days. The doctor will notify you with your results. You may feel some bloating and gas upon discharge. This is normal and will pass. Once you leave the center you may resume your regular diet unless otherwise instructed.

Colonoscopy Preparation Instructions:

DUE TO SEDATION YOU MUST HAVE A DRIVER WHO REMAINS IN THE BUILDING UNTIL THE PROCEDURE IS COMPLETED. If your DRIVER leaves, your procedure will be cancelled. Public transportation is not acceptable unless accompanied by a responsible adult.

10 DAYS PRIOR TO PROCEDURE:

- Please fill the prescription and read these instructions ahead of time so you will be prepared for the procedure. **DO NOT** use the Pharmacy's instructions.
- If you are on Blood Thinners, you may need to be off these drugs from 5 to 7 days prior to your procedure. You must call your prescribing Physician for instructions in advance.

5 DAYS PRIOR TO PROCEDURE:

- Avoid foods with nuts or seeds.
- Review your appointment sheet for location of procedure. Become familiar with your location.

1 DAY PRIOR TO PROCEDURE:

- You may eat a normal breakfast but do not eat any solid food after 10 a.m.
- After 10 a.m. you may have clear liquids only.
Examples: Clear broth (chicken, beef, vegetable, miso) soda, tea, iced tea, black coffee (no cream/milk/soy), gatorade, crystal light, kool-aid, jello, water, popsicles (**NOTHING with RED, BLUE OR PURPLE coloring**).
- Drink Lots of Clear Liquids up until 2 hours prior to your arrival time the next day. The more clear fluids you drink (in addition to the laxative) the better the results you will have prepping and remaining hydrated.

BEGIN THE LAXATIVE PREP BETWEEN 3 AND 5 PM (THE DAY BEFORE YOUR SCHEDULED APPOINTMENT):

- This is a split dose prep. You will drink ½ the bottle of laxative the night before your procedure and the 2nd half the morning of your procedure. **NO EXCEPTIONS.**
- Fill the Nulytely(or generic brand) bottle to the fill line with water. This is 128 ounces. It will help if you chill the laxative prior to drinking it.
- You may add the flavor

packet provided by the Pharmacy or add a sugar-free powdered drink mix of your choice as long as it is **NOT RED, BLUE OR PURPLE.** (Gatorade and Crystal light powder are good additives and may be used)

- Drink a glass of laxative every 10-15 minutes until the first half of the bottle is completed. Bowel movements may start within 1-2 hours. If you become nauseated or bloated, slow down. You may take a 1 hour break from drinking the laxative but you must drink the first half the night before the procedure.
- **DO NOT DRINK THE ENTIRE BOTTLE THE NIGHT BEFORE YOUR PROCEDURE. The prep will not work and you may be rescheduled.**

THE DAY OF YOUR PROCEDURE (You must finish the entire bottle of laxative):

- You must drink and finish the remainder of the gallon bottle of laxative, finishing 2 hours BEFORE your arrival time. **DO NOT LEAVE ANY FLUID IN THE BOTTLE.**

- Do not eat or drink anything 2 hours prior to your arrival.
- **DIABETICS: DO NOT** take Oral Hypoglycemic medications on day of procedure.
- Take Blood Pressure Medication as prescribed with a sip of water.
- An inadequate prep may result in cancellation of your procedure.

Sign Up for NNMGA Patient Portal.

You can request appointments, check your results, send your physician a message & update your medical record. For access call 505-983-5631

For more information about our providers & instructions go to:

www.nnmgastro.com

Your procedure is scheduled at:



1630 Hospital Drive, Suite A
Santa Fe, NM 87505

If you have questions about preparing for this procedure, please call:

505-988-3373

Website:
www.endocentersantafe.com

- Arrive 45 minutes early to your scheduled appointment with your DRIVER.

***DISCLOSURE OF OWNERSHIP NOTICE:** The physicians who perform procedures/services at The Endoscopy Center of Santa Fe may have an ownership interest in this center. The patient has the option to be treated at another facility. By appearing for your appointment you are confirming that you wish to have your procedure/services performed at the Endoscopy Center of Santa Fe.