



Optum Gastroenterology
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optumcare.com

Absolutely *NO* liquids 4 hours prior to your procedure.

Failure to follow these dietary instructions can result in the cancellation or reschedule of your procedure.

Ordering Provider:

Facility Address:	Optum Peak Endoscopy Center 1615 Medical Center Point Colorado Springs, CO 80907
Facility Phone	Phone: 1-719-895-9090

Patient Name
Performing Doctor
Procedure Date
Procedure Check-in Time (*subject to change*)

Optum Peak Endoscopy Appointment Reminder

Optum Peak Endoscopy will contact you one week prior to your scheduled procedure to confirm your appointment time.

Please note: procedure and arrival times may change based on facility needs. We kindly ask that both you and your driver remain flexible throughout the day to accommodate any adjustments.

Preparation for the procedure

1. Submit paperwork to Optum Gastroenterology at least two weeks prior to your scheduled procedure.
2. Pre-register with Optum Peak Endoscopy Center.
3. Review all instructions thoroughly at least seven days before your procedure.
4. **Purchase the following:**
 - a. Dulcolax®, and Gas-X®. You will need 4 tablets of each. Store brand is acceptable.
 - b. Two (2) bottles of MiraLAX® or Polyethylene Glycol 238- or 255-gram powder (8 oz)
 - c. One (1) 64 oz bottle (total of 256 oz) of Gatorade®, Powerade®, or Pedialyte® (no blue, orange, red, or purple)
 - d. One (1) 32oz Gatorade or Powerade
5. To visualize your intestinal tract properly, the colon **must** be clean. It is absolutely necessary that you complete the following preparation with no changes, unless specified by your physician.
6. If you develop a fever or an active, contagious infection (such as MRSA or chickenpox) on the day of your procedure, call the facility before leaving home.
7. You are required to confirm your appointment at least five days in advance. Failure to do so will result in cancellation and may be subjected to a cancellation fee. Expect a confirmation call 7-10 days prior to your procedure.

If you are taking **weight loss medications** (e.g., Phentermine, Ozempic, Mounjaro, etc.), you must discontinue use **14 days** before your procedure

Five days before the procedure

1. **Follow a low fiber diet. No Red Meats.**
2. **Do not eat nuts or use oil-based laxatives.**
3. Continue all your regular medications **except** those listed below or weight loss medication indicated above. You **must** stop the following medication five (5) days prior to your procedure:
 - Blood thinners: Aleve®, Motrin products
 - Multivitamins, Vitamin E, Fish/Flaxseed oils, iron supplements
 - Plavix® (as advised by your physician)
 - Xarelto® (as advised by your physician)
 - Coumadin® (Warfarin®) (as advised by your physician)
 - Aggrenox® (as advised by your physician)

Medications you may continue:

- Aspirin 81mg – continue if it is part of your regular medication routine
- Tylenol® – safe to use as needed
- Essential medications – continue taking medications for heart conditions, high blood pressure, chronic pain, or thyroid issues. These may be taken 2 hours before your procedure with a small sip of water.

Two days before the procedure

- Eat a light diet during the day and eat light dinner.
- Take 2 **Dulcolax**® tablets & 2 **Gas-X**® after dinner.

One day before the procedure

Morning:

1. **Clear liquids only, all day** (see below list of acceptable items), no solid foods, milk, or milk products. To stay hydrated and help with the effectiveness of the prep, be sure to drink at least 1 cup of clear liquid every hour unless you are on a fluid restriction.

****The following clear liquids are appropriate. Do not drink anything colored red, blue, green, or purple:**

- Juices without pulp (apple, white grape, lemonade)
- Water
- Clear broth or bouillon (low sodium)
- Coffee or tea (without milk or non-dairy creamer)
- Gatorade®, Powerade®, Pedialyte®
- Carbonated and non-carbonated soft drinks such as 7-up®, Sprite®, Ginger Ale – (**No Coke®**, **Pepsi®** or colored sodas)
- Plain Jell-O® (without added fruits or toppings)
- Ice pops (yellow, orange and pink are acceptable)

4:00pm - 6:00pm:

1. Mix 1 bottle of MiraLAX® with 64oz of Gatorade®, Powerade® or Pedialyte®.
2. Drink 1 8oz glass of MiraLAX® solution every 15 – 20 minutes until gone or as quickly as you can tolerate it.
3. Make sure you walk around in between drinking the solution, this helps prevent nausea, bloating and will help facilitate the solution to move through your system.
4. Continue to drink plenty of clear liquids during and after drinking the solution.
5. Take 2 **Dulcolax**® tablets & 2 **Gas-X**® after completing the first part of the prep.

Day of the procedure

6 hours prior to your schedule procedure (Example: If procedure is scheduled for 7am, start this process at 1am the morning before. If procedure at 9am, start at 3am):

1. Mix ½ the second bottle of MiraLAX in 32oz of Gatorade and repeat steps 2-4.
- Do **NOT** stop cardiac, blood pressure, aspirin, or other medication unless you doctor instructs you to stop. These can be taken two hours prior to your procedure with a **small** sip of water.

- ***Insulin-dependent diabetics please check with your primary care provider — ½ dose is often recommended day before the procedure and ½ dose on the day of appointment. Check blood sugar levels every 2-3 hours. Non-insulin dependent — hold oral dose until after your procedure.***
- Asthmatics — bring inhalers!
- Wear loose, comfortable clothes.
- **Do NOT smoke marijuana, cigarettes, pipes, Vape Pens, or E-Cigarettes.**
- **NO gum, hard candy, cough drops, or chewing tobacco.**

What to expect during your colonoscopy

- Please follow all the prep instructions carefully, so your colon is clean for a proper examination. Your prep may cause nausea, vomiting, dehydration, and abdominal cramping.
- On rare occasions, your prep can cause electrolyte imbalance, cardiac arrhythmia and/or renal failure. To prevent the above symptoms, it is very important to keep well hydrated by drinking plenty of clear fluids before, during, and after the recommended preparation.
- After your initial evaluation by the admitting nurse, an IV will be started. You will then walk to the procedure room, where your vital signs will be monitored throughout the procedure. The medications used for sedation (i.e. Versed™, Fentanyl™, Propofol™) will be injected through the IV that was previously started; this will make you sleep and keep you relaxed during your procedure. You will be asked to lie on your left side. The doctor will then perform a digital examination of your rectum. A colonoscope (a lighted flexible instrument) will be inserted into your rectum and advanced into the entire large intestine (colon). Air will be introduced into the colon to separate the walls for better visualization. This may cause some abdominal discomfort, cramping and an urge to have a bowel movement. This is normal.
- The doctor may obtain a biopsy (a small tissue sample) or remove a polyp (a growth). These samples are sent to a pathologist for further testing. Obtaining biopsies and/or the removal of polyps does not cause any unusual discomfort. You will receive written results from our office within 2 weeks.
- Possible complications of the procedure may include (but are not limited to) reaction to medications, irritation, infection at the IV site, bleeding, or perforation of the hollow organ, which is rare. If such a rupture happens, it may need to be surgically repaired.
- The medications you are given can make you sleepy and/or lethargic; for this reason, you **must** have a ride home. You **must** be accompanied by a friend or relative, 18 years or older, to drive you home. You **may not** drive or go home by taxi, uber, or bus. **This is for your safety.**

Financial Cliff Notes

Please be advised, every procedure will incur three or four (3–4) separate fees that you will receive a bill for:

- ☐ Facility fee – The facility where the procedure is performed.
- ☐ Physician's fee – The GI provider that performed the procedure.
- ☐ Anesthesia fee – For sedation
- ☐ Pathology fee – From the outside laboratory that tests any biopsies taken during your procedure.
- ☐ If you have any questions, please contact our billing department at 1-719-463-5903 (Monday through Friday 8 a.m. to 5 p.m.)

Frequently asked questions

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- 1. What is an ABN form* and why do I have to sign it?** (*Medicare ONLY patients) The ABN form is a federally mandated form from Medicare. There are 3 forms — one is for the physician's charges, one is for the facility charges, and one will be for the anesthesia charges. These are to inform you of the estimated charges for your procedure. You will need to select 1 of the 3 options and sign and date.
- 2. How long does the procedure(s) take?** The colonoscopy will take approximately 15–20 minutes. The EGD (upper scope) will take approximately 10 minutes. ALL times are approximate, depending on the procedures before yours.
- 3. So how will I know if I am cleaned out for my colonoscopy?** If you are cleaned out, the fluid that you will be passing should be yellow to clear. It should not be any shade of brown or have any stool particles left in it.
- 4. Can I stop the prep, if I am passing yellow to clear fluids; before having finished all the 8 oz. glasses?** No, do not stop. Drink the entire prep.
- 5. What if I am not cleaned out the day of the procedure?** Please, take an enema at home. If the fluid after the enema is still not yellow to clear, we will ask you to do another enema at the time of our arrival in the Endoscopy Center. The nurse will assess the fluid that you are passing. If you are not clean, we may consider rescheduling you for the next day to optimize the success of the colonoscopy.
- 6. When can I eat or drink again?** You will get something to drink in recovery. Once you are discharged, you can usually eat a normal diet right away, unless the doctor tells you otherwise. We recommend starting out with small and easy to digest meals.
- 7. Will my primary care or referring provider get a report as well?** Yes, we will send a written report to any doctor that you would like us to. A copy automatically goes to your referring provider that you have listed on your patient demographic sheet unless you request otherwise.
- 8. How long will it take to get the results of my pathology (biopsies or polypectomy)?** If a biopsy is performed, it will be sent to pathology for diagnosis. It generally takes 10-14 business days for us to get the results and once the doctor has reviewed the path, you will be contacted by mail or phone. It can take up to 4 weeks for you to get a letter with your results.