

COLONOSCOPY PREPARATION INSTRUCTIONS

Please read this information as soon as you receive it!

If you have any questions about these instructions or to make a change to your appointment, Please call:

- Office: 314.529.4900 (option 2)
- Exchange: 314.388.6519

DATE AND TIME

Your procedure is scheduled for _____ at _____

Your procedure is scheduled at **GATEWAY ENDOSCOPY CENTER**. Please arrive 1 hour prior to your scheduled appointment time.

LOCATION

Gateway Endoscopy Center is located in the Walker Medical Building at 12855 North 40 Drive, Suite 150, St. Louis, MO 63141 in the **South Tower**.

For patients coming from the east (traveling west on U.S. 40):

- Exit U.S. 40 at Mason Road (Exit 24).
- Immediately upon exiting onto Mason Road, make a quick right onto N. 40 Drive (the frontage road).
- Go about 1/2 mile to the Walker Building and turn left into the parking lot. (The building is located between Lutheran Hour Ministries and CBC (Christian Brothers) High School.
- Enter the doors for the **South Tower**. Take the stairs or the elevator to the first floor. Suite 150 is on the right.

For patients coming from the west (traveling east on U.S. 40):

- Exit U.S. 40 at Mason Road (Exit 24)
- Go to the stoplight at Mason Road and make a left.
- Go across the bridge over U.S. 40 and immediately turn right on N. 40 Drive (the frontage road).
- Go about 1/2 mile to the Walker Building and turn left into the parking lot. (The building is located between Lutheran Hour Ministries and CBC (Christian Brothers) High School.
- Enter the doors for the **South Tower**. Take the stairs or the elevator to the first floor. Suite 150 is on the right.

If you cannot keep your scheduled appointment, please notify us at least 2 business days before your scheduled time.

Please review the “special circumstances” section of this document carefully to see if you require special instructions or modifications.

BOWEL PREPARATION:

Necessary items:

- One 8.3 oz bottle of Miralax (Polyethylene glycol powder). This is available over the counter.
- Four 5 mg. Dulcolax pills. Dulcolax is available over the counter. Please purchase the laxative formula not the stool softener.
- Two 32oz. bottles of Gatorade, any flavor.

Two days prior:

- Eat as you would normally, or eat less than normal. Overindulging on food will make it harder to get the colon cleaned out adequately.

The day prior to your procedure:

- Consume only clear liquids on this day. No solid food! Examples of clear liquids include: water, any kind of soda, Gatorade, coffee, Popsicles, tea, Jell-O, broth, bouillon, and fruit juices that you can see through (apple and grape are OK, orange and tomato are not). You may have all the clear liquids you desire throughout this day and evening. No alcohol allowed. Please note that if you consume red Jell-O, Gatorade or popsicles with your bowel prep that your stool may be red in color. This is nothing to be alarmed about.
- Mix half of the 8.3 oz bottle of Miralax in each 32 oz. bottle of Gatorade until dissolved and keep cold in the refrigerator.
- Begin bowel preparation between 12 and 4pm depending on whether you plan to work full day prior to the procedure. (Please note that starting the bowel preparation later in the day may lead to a more restless night because of ongoing bowel movements.)
- For those choosing to start the bowel preparation at **noon**:
 - take four 5 mg. Dulcolax pills with water and continue clear liquids.
 - at 12:30pm, start drinking the first bottle of Miralax/Gatorade solution. Drink 1 glass every 15-20 minutes until the first bottle is gone.
 - Between 3-4pm, begin drinking the second Miralax/Gatorade solution and finish all 32 oz.
- For those choosing to start the bowel preparation at **4pm**:
 - take the four 5 mg. Dulcolax pills with water and continue clear liquids
 - at 4:30 pm start drinking the first bottle of Miralax/Gatorade solution. Drink 1 glass every 15-20 minutes until the first bottle is gone
 - Between 7-8 pm, begin drinking the second Miralax/Gatorade solution and finish all 32 oz.
- DO NOT CONSUME ANYTHING AFTER MIDNIGHT EXCEPT MEDICATIONS UNTIL AFTER YOUR PROCEDURE.
- You may take your usual medications with sips of water **both the day before and as early as possible on the day of the procedure.**
- If your bottom is sore, try an ointment such as A&D ointment, Preparation H, or Vaseline to the anal area as needed.

The day of the procedure:

- Arrive at Gateway Endoscopy Center **1 hour** prior to your scheduled appointment time.
- **You will need someone to drive you to and from the Endoscopy Center AND wait in the waiting room until the procedure is done. The procedure can't be done unless you have a driver. You will be there for approximately 2 hours from the time you arrive.**
- We have enclosed a patient information form, a medical history form, medication list and a financial policy. **Please fill these out at home and bring them with you to your appointment along with your insurance cards and drivers license.** If you have any questions, the nurse will go over it with you at the time of your appointment.
- All Female Patients: If you are between the ages of 12-49, you will be required to give a urine specimen unless you have had a Hysterectomy or Tubal Ligation.

SPECIAL INSTRUCTIONS:

Patients with an automatic implantable defibrillator and /or pacemaker: Please call us at least five (5) days before the procedure for instructions.

Coumadin (warfarin): Call your primary care doctor or cardiologist and ask if you can safely stop the Coumadin four (4) days before your procedure. If your doctor tells you that you cannot stop the Coumadin, then please call us immediately to make us aware of this. We will then discuss with you the various options available.

If you take **Eliquis (apixaban), or Pradaxa (dabigatran):** Call your primary care doctor or cardiologist and ask if you can safely stop these medications 48 hours before your procedure. If your doctor tells you that you cannot stop these medications, please call us immediately to make us aware of this. We will then discuss with you the various options available.

If you take **Xarelto (rivaroxaban), Arista (fondaparinux), Fragmin (dalteparin), Iprivask (desirudin), or Lovenox (enoxaparin):** Call your primary care doctor or cardiologist and ask if you can safely stop these medications 24 hours before your procedure. If your doctor tells you that you cannot stop these medications, please call us immediately to make us aware of this. We will then discuss with you the various options available.

Iron: Stop iron four (4) days before the procedure. Iron can make preparation difficult and result in a poorly cleaned colon.

Antibiotics for procedures: Recent publications from both the American Heart Association and American Society for Gastrointestinal Endoscopy state that antibiotics are not necessary for routine endoscopic procedures.

Insulin: Call your primary care doctor at least five (5) days before the procedure and ask for instructions.

Plavix: (clopidogrel) and aspirin: It is not necessary to stop Plavix and aspirin prior to your procedure.

Herbal Medications: It is best to stop any herbal remedies five (5) days before the procedure as many of them can thin the blood and increase the risk of bleeding during the procedure.

ADDITIONAL INFORMATION:

Approximately 3 business days prior to your procedure, you will be receiving an automated phone call from our Phone Tree system reminding you of your appointment. Please listen to this entire message and press the appropriate number for your response regarding your appointment. If you are not at home, Phone Tree will leave a message on your answering machine. Unless you want to cancel or reschedule your appointment, it is not necessary to call the office to confirm. We will assume you are keeping your scheduled appointment unless we hear from you.

We also suggest that you contact your insurance to verify coverage for colonoscopy. Some insurance plans cover colonoscopy for colon cancer screening or routine/preventative care. Other plans only cover colonoscopy if you are having symptoms or they may say it's covered only if "medically necessary". There are many different insurance companies and each individual plan is different. Please let the physician know if your plan covers colonoscopy for colon cancer screening so we can code it properly.

You may visit our website (www.gatewaygi.com) for more detailed information regarding the physician you will be seeing and other services offered.

HOW DID YOU HEAR ABOUT OUR PRACTICE?

☐ Primary Care M.D. ☐ OB/GYN ☐ Internet ☐ Friend/Family
☐ Advertisement ☐ Other

Name: Mr/Mrs/Ms.

Address:

City: State: Zip Code:

Social Security Number: Date of Birth:

Home Phone Number: Alt. Contact Number:

Employer: Occupation:

Marital Status Spouse's Name:

In Case of Emergency Contact: Relationship of Emergency Contact:

Emergency Contact Number: Referring Physician:

Email Address:

The following is **REQUIRED** by the State of Missouri (select one): ☐ Hispanic or Latino ☐ Neither Hispanic nor Latino

RACE: ☐ White ☐ Black or African American ☐ American Indian ☐ Alaska Native ☐ Asian

☐ Native Hawaiian/Pacific Island ☐ Other not listed ☐ Multi-Racial (two or more races) ☐ Choose not to answer

MEDICAL INSURANCE INFORMATION

Primary Insurance Company: Phone Number:

Policy/Id Number: Group Number:

Relationship to policy holder: Policy Holder DOB:

Secondary Insurance Company: Phone Number:

Policy/Id Number: Group Number:

Relationship to policy holder: Policy Holder DOB:

POLICY HOLDER

Name: Mr/Mrs/Ms.

Address:

City: State: Zip Code:

Social Security Number: Date of Birth:

Home Phone Number: Alt. Contact Number:

Employer: Occupation:

Responsible party/Guarantor's Signature:

RELEASE OF INFORMATION/ASSIGNMENT OF BENEFITS/RECEIPT OF PRIVACY PRACTICES POLICY

By providing the information I agree that Gateway Gastroenterology, Inc and Gateway Endoscopy Center or one of its legal agents may use the telephone numbers provided to send me a text notification, call using a pre-recorded/artificial voice message through the use of an automated dialing service, leave a voice message on an answering device, send mail to my home address, or email notification regarding my care, our services, or my financial obligation. I hereby authorize the release of any medical information necessary to process my health insurance claims and request payment of benefits to Gateway Gastroenterology, Inc and Gateway Endoscopy Center for services rendered. I permit a copy of this authorization to be in place of the original. I understand that I am financially responsible to these providers of service for charges not covered or denied by my insurance company. I further agree in the event of my non-payment, to pay the cost of collection and/or court costs and reasonable fees should this be required. I have received a copy of Notice of Privacy Practices.

Signature

Date

MEDICATION RECONCILIATION FORM

ALLERGIES (food, medication, latex, etc)

Patient Name: _____

Date: _____

Medication Name	Reaction	Medication Name	Reaction
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- List **ALL YOUR MEDICATIONS** including **eye drops**, **over-the-counter**, and **alternative medicines** such as vitamins, herbals, and supplements.
- It is extremely important for your care and safety that you provide complete and accurate information.
- Please let your nurse know if you do not remember all of the medications that you take.

MEDICATION LIST

Medication Name	Dose	How often do you take it?	Why are you taking this medication?	Last Dose Taken
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It is suggested that you provide a copy of this list to your Primary Care Provider.

OFFICE USE ONLY

Reviewed by RN: _____

Signature

Date/Time

☐ No Changes to Medications

☐ Changes

New Medication Name	Dose	Frequency	Purpose of Medication
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☐ Patient education regarding medication changes

Medication Reconciled by RN: _____

Signature

Date/Time

Gateway Endoscopy Center and its providers are not responsible for medications ordered by other organizations or providers.

PATIENT HISTORY FORM

Name: _____ D.O.B. _____ Referred By: _____
☐ Single ☐ Married ☐ Divorced ☐ Separated ☐ Widowed
☐ Retired Occupation _____ Number of Children: _____
Driver's Name: _____ Driver's Phone Number _____

CURRENT SYMPTOMS

- ☐ Difficulty Swallowing
- ☐ Heartburn/Indigestion
- ☐ Sore Throat
- ☐ Loss of Appetite
- ☐ Nausea/Vomiting
- ☐ Gas/Bloating
- ☐ Abdominal Pain
- ☐ Recent Weight Change
- ☐ Change in Bowel Movements
- ☐ Diarrhea
- ☐ Constipation
- ☐ Rectal Bleeding

PERSONAL MEDICAL HISTORY

- ☐ GERD
- ☐ Barrett's Esophagus
- ☐ Schatzki's Ring
- ☐ Hiatal Hernia
- ☐ Esophageal Cancer
- ☐ Stomach Cancer
- ☐ Ulcers
- ☐ Celiac Sprue
- ☐ Pancreatitis
- ☐ Liver Disease
- ☐ Colon Polyps/Colon Cancer
- ☐ Diverticulosis/Diverticulitis
- ☐ Crohn's
- ☐ Ulcerative Colitis
- ☐ Heart Disease/ Stents
- ☐ CHF
- ☐ High Blood Pressure
- ☐ Stroke
- ☐ Diabetes
- ☐ Kidney Problems
- ☐ Asthma
- ☐ COPD
- ☐ Anemia
- ☐ Seizures
- ☐ Migraines
- ☐ Sleep Apnea
- ☐ Hearing Loss
- Cancer _____

SMOKING

- ☐ Yes
- ☐ No

Pk/Yrs: _____
Yr Quit: _____

ALCOHOL

- ☐ Yes
- ☐ No

Drinks/day: _____
Yr Quit: _____

FAMILY HISTORY OF COLON CANCER?

- ☐ Yes If yes, who? _____
- ☐ No

LAST COLONOSCOPY

Year? _____ > 3 Years _____

FAMILY HISTORY OF POLYPS?

- ☐ Yes If yes, who? _____
- ☐ No

LAST UPPER ENDOSCOPY

Year? _____

SURGERIES

Do you have pain now or have you had pain in the last several weeks?

- ☐ Yes ☐ No If yes, rate level of pain on a scale of 1-10 with 10 being the worst: _____

Describe the pain: Where is it located? _____

What aggravates it? _____ How long does it last? _____

Prior Problems with anesthesia?

- ☐ Yes ☐ No If yes please describe: _____

Do you have any physical, psychological, or emotional needs? _____

Are you able to perform activities of daily living without assistance? ☐ Yes ☐ No

REASON FOR PROCEDURE

Patient's Signature: _____ Date: _____

Nurse's Signature: _____ Date: _____

FINANCIAL DISCLOSURE

For billing purposes, there are separate service components for which you will be billed separately:

1. **PHYSICIAN'S PROFESSIONAL CHARGE.** Your physician will bill this charge separately to you. This billing is for the physician's professional services that are provided during your procedure.
2. **FACILITY CHARGE.** We will bill a facility fee based on the type and number of procedures being performed at Gateway Endoscopy Center (GEC).
3. **LABORATORY AND PATHOLOGY CHARGE.** If you have a biopsy done or polyp(s) removed, you will receive a bill from the laboratory that processes your pathology.
4. **ANESTHESIA CHARGE.** If your procedure utilizes the services of the anesthesia provider, this professional charge will be billed separately to you.

Payments made to the center on the day of service are credited towards the facility charge only.

I agree to pay GEC in accordance with its negotiated rates and terms which are 30 days from date of invoice. Should collection become necessary, the responsible party agrees to pay any additional collection fees, and all legal fees of collection including but not limited to attorney fees, court costs and filing fees.

I authorize direct payment to GEC of any insurance benefits. I understand that I am responsible for any charges not paid by my insurer and I agree to pay any unpaid balances on my account no more than 90 days after the date of service.

If you do not have insurance, payment for services is due at the time services are rendered unless payment arrangements have been approved in advance. To assist you, we accept checks, MasterCard, Visa, Discover, American Express and Care Credit.

I certify that the information given by me in applying for payment under Title XVII of the Social Security Act is correct. I authorize any holder of medical or other information about me to release to the Social Security Administration or its intermediaries or carriers any information needed for this or a related Medicare claim. I request that payment of authorized benefits be made on my behalf.

Signed: _____

Date: _____

Witness: _____

SCREENING VS. DIAGNOSTIC COLONOSCOPY

You have been scheduled for a colonoscopy with our office; it is important that you understand the difference between a screening colonoscopy and diagnostic colonoscopy.

- If you are having a screening colonoscopy you have **no signs or symptoms**.
- If you are having a diagnostic colonoscopy you **have signs and symptoms** such as: rectal bleeding, change in bowel habits, blood in stool, diarrhea, constipation, anemia, etc.
- Some insurance companies may not cover screening colonoscopies if you are under the age of 50.
- Some insurance companies may not consider high risk colonoscopy as a screening; such as personal history of colon polyps, colon cancer or a family history.
- If the Physician performing your procedure finds a polyp or abnormality, your benefits may change and your insurance policy may process your claim as a diagnostic procedure.
- Prior to starting your bowel preparation, you should contact your insurance company to check your benefits for a colonoscopy.
- **It is important that you indicate the reason for your procedure at the time of service, so that it can be coded properly.**

Please call our billing department at 314-529-4990 if you have any questions.

INFORMATION RELEASE

I _____ give consent for any medical information to be released to the following parties:

(Print Patient's Name Here)

INFORMATION TO BE RELEASED TO THE FOLLOWING PARTIES:

_____ RELATIONSHIP _____

_____ RELATIONSHIP _____

_____ RELATIONSHIP _____

_____ RELATIONSHIP _____

_____ RELATIONSHIP _____

_____ RELATIONSHIP _____

It is the patient's responsibility to contact this office if any name listed above would need to be removed. A new consent form would need to be filled out.

Patient Signature

DOB

Date

Witness

NOTICE

Anyone having concerns about the quality of care provided in this organization may report these concerns to the organization's management, the Missouri Department of Health and Senior Services, the Joint Commission or Medicare. A quality Incident Report Form is available upon request. You may choose to report anonymously or provide your name and contact information.

The Joint Commission

JCAHO
One Renaissance Blvd.
Oakbrook Terrace, IL 60181
(800) 994-6610

MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES

Contact the Health Facilities Regulation Unit P.O. Box 570
Jefferson City, MO 65102
(573) 751-6303
dhcc.mo.gov

You may also fill out a concern form online at
<http://www.dhss.mo.gov/AskUs.html>

MEDICARE

Website for the office of the Medicare Beneficiary Ombudsman
<http://www.cms.hhs.gov/ombudsman/resources.asp>
(800) 633-4227



SIGNATURE MEDICAL GROUP, INC.

Acknowledgment of Receipt of Notice of Privacy Practices

I, _____, have received a copy of Signature Medical Group, Inc.'s updated Notice of Privacy Practices.

Signature of patient or parent/legal guardian/legally responsible person

Description of relationship to the patient

Date

For Office Use Only

We attempted to obtain written acknowledgement of receipt of our Notice of Privacy Practices, but acknowledgement could not be obtained because:

- ☐ Individual/Representative refused to sign the form
- ☐ An emergency situation prevented us from obtaining acknowledgement
- ☐ Other (Please Specify)

