



4100 Park Forest Drive, Suite 208, Traverse City, MI 49684

Telephone: (231) 935-5710 x4 Fax: (231) 935-9045 Web: <https://www.dha-nm.com>

### **APPOINTMENT DETAILS**

<b>DATE:</b>	Your Colonoscopy is scheduled for _____. You can expect to be at the facility for 2.5 – 3 hours.
<b>ARRIVAL AT COPPER RIDGE SURGERY CENTER:</b>	You will be contacted two days before your procedure (after 4pm) with your arrival time. You will receive this reminder in the form of an email, text message, and automated phone call- in that order, until confirmed. If you do not receive your arrival time, please call the office (231-935-5710 x4) the day before your scheduled appointment time to verify this information. Present to the desk on the main floor of the Copper Ridge Surgery Center.
<b>ARRIVAL AT MUNSON MEDICAL CENTER:</b>	Please arrive one hour prior to your scheduled surgery time. Please report to the Munson Medical Center's Registration Desk.
<b>PRESCRIPTION:</b>	Your prescription has been electronically sent to your pharmacy.
<b>PLEASE BRING:</b>	On the day of your procedure: <ul style="list-style-type: none"> <li>✓ A driver over the age of 18 who will remain in the building during your procedure</li> <li>✓ Completed Medication and Allergy List</li> <li>✓ Insurance Cards</li> <li>✓ Photo ID</li> </ul>
<b>PRE-REGISTRATION:</b>	If you have provided us with an email address, you will be sent a pre-registration email before your visit. If you do not complete the pre-registration email online, please complete the paperwork provided in this packet and bring it with you. There will be a separate registration process when you check in with the facility.
<b>COLONOSCOPY:</b>	This procedure is a direct examination of the colon through a flexible lighted scope, which is inserted through the rectum. For the examination, you will lie on your left side for the passage of the scope. An intravenous catheter will be placed in one of your arms to administer sedative medications. After the examination there is generally a temporary feeling of fullness in the colon, and air can be expelled through the rectum.  <b><u>You should not drive, operate power machinery, or make major decisions the day of the colonoscopy, as the medications may affect your judgment.</u></b>



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## **PREPOPIK COLONOSCOPY PREP INSTRUCTIONS**

Please read through the attached instruction packet to see how you prepare for your colonoscopy. Your prescription has been sent to your pharmacy. Please pick it up as soon as possible.

### **THE DAY BEFORE YOUR COLONOSCOPY**

#### 1. BEGIN CLEAR LIQUID DIET:

- ARRIVAL TIME BEFORE 1:00PM: Clear liquid diet starts the entire day prior to your exam and continues up until 4 hours before your test.
- ARRIVAL TIME AFTER 1:00PM: You may have a light breakfast before 8:00 a.m. (the day before the procedure), then begin a clear liquid diet. You will continue clear liquids up until 4 hours before your test.

#### **CLEAR LIQUID DIET**

- No **RED or PURPLE** liquids should be consumed. You can have any of the following foods up **until 4 hours before** your colonoscopy.
- It is very important to stay hydrated. Make sure you drink plenty of clear liquids.

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| ✓ Water or Flavored Water  | ✓ Popsicles (No Red or Purple)   |
| ✓ Tea (No Red or Purple Colors)  | ✓ Jello (No Red or Purple)   |
| ✓ Carbonated Beverages such as Sprite, 7up, Gingerale (Avoid Red, Purple, or Dark Sodas) | ✓ Gatorades that are clear and NOT cloudy (No Red, Purple, or Blue Colors) |
| ✓ Fruit Flavored Drinks (No Red or Purple)   | ✓ Ensure "Clear"- must be see through                                      |
| ✓ Weak Coffee (No creamer)   | ✓ Clear Hard Candy (No Red or Purple)                                      |
| ✓ Strained Fruit Juices (No Red or Purple)   | ✓ Honey  |
| ✓ Apple Juice  | ✓ Syrup  |
| ✓ White Grape Juice  | ✓ Sugar  |
| ✓ White Cranberry Juice  | ✓ Clear Broth( Chicken, Vegetable, or Beef)                                |
| ✓ Powdered Lemonade  | ✓ Bouillon Cubes   |
|  | ✓ Protein shakes that are "Clear"- must be see through                     |

#### 2. AT 6:00 P.M.

- Tear open the packet and dissolve the powder contents in 5 ounces (lower line on the dosing cup) of cold water. Stir for 2-3 minutes.
- Drink all of the solution.

- After drinking the 5 ounces of the Prepopik solution, drink an additional five (8 ounce – upper line on the dosing cup) cups of clear liquids at a rate that is comfortable for you.
- The solution will cause bowel movements so remain close to a bathroom.
- If your bottom gets sore from too much wiping, try putting Vaseline on the tender areas.

## **THE DAY OF YOUR COLONOSCOPY**

### 1. FIVE HOURS PRIOR TO LEAVING YOUR HOME FOR THE PROCEDURE

- Tear open the packet and dissolve the powder contents in 5 ounces (lower line on the dosing cup) of cold water. Stir for 2-3 minutes.
- Drink all of the solution.
- After drinking the five ounces of Prepopik solution, drink an additional three (8 ounce – upper line on the dosing cup) cups of clear liquids within an hour.
- You can continue to drink clear liquids up to 4 hours before the colonoscopy. Then, do not eat or drink anything until after your procedure.
- The solution will cause bowel movements so remain close to a bathroom.

### Medications

- You may take your pills with sips of water up to three hours before your test. If you take blood pressure medications be sure to take them before your procedure.

### Blood Thinners

- If you take Coumadin (warfarin), Xarelto (rivaroxaban), Eliquis (apixaban), Pradaxa (dabigatran), Lovenox (enoxaparin), Plavix (clopidogrel), Effient (prasugrel, Brilinta (ticagrelor), Aggrenox (aspirin-dipyrdomole), Savaysa (edoxaban), or Heparin, please follow the instructions given to you by DHA's Medical Assistants.

### If you have diabetes

- Do not take any diabetes pills the day of your procedure.
- If you are on Insulin please contact your primary doctor for instructions.
- If you use an Insulin pump please contact your primary care doctor for instructions.

If you have any questions or concerns regarding the preparation, please call and discuss them with our nurse. If you experience pain or vomiting, please call the office immediately. Call the Digestive Health Associates Gastroenterologist on call at 231-360-2884 if you experience these difficulties after hours.



## SCREENING COLONOSCOPY vs. DIAGNOSTIC COLONOSCOPY

If you were sent to one of our physicians for a **"Screening Colonoscopy"** or you have seen the provider and he/she recommends a colonoscopy, please read this form in its entirety. You need to be fully educated on the state and federal guidelines for reimbursement services.

The Centers for Medicare & Medicaid Services (CMS) **"Screening Initiatives"** passed in January, 2011 dictates that patients undergoing a **"screening colonoscopy"** will not be held to their coinsurance or deductible responsibilities.

The definition of a **"screening colonoscopy"** per CMS guidelines is as follows:

*"A colonoscopy being performed on a patient who does not have any signs or symptoms in the lower GI anatomy PRIOR to the scheduled test."*

Any symptom such as change in bowel habits, diarrhea, constipation, bleeding, anemia, etc. prior to the procedure and noted as a symptom in your medical record may change your benefit from a screening to a diagnostic colonoscopy. We cannot change your medical record after you have been seen. We cannot change the fact that you have had symptoms prior to your procedure.

**Please note:** If you have had a colonoscopy within the last 10 years and the result indicated you had colon polyps, you may **NOT** be eligible for "screening initiative" benefits. You have a prior history of polyps. Your colonoscopy is now considered a "surveillance of the colon" and may be considered diagnostic. You may have been healthy and have had no symptoms since your last colonoscopy, but you have what is considered a pre-existing nature of polyps and therefore, are not eligible for a "screening". If your colonoscopy has been over 10 years, you are eligible for a "screening colonoscopy" regardless of your history. ***It is your responsibility to know your insurance benefit. Please contact your insurance company with benefit questions prior to your procedure.***

Please be advised that if you are a true "screening colonoscopy" and during the procedure your doctor finds a polyp or tissue that has to be removed for pathological testing or if you are diagnosed with a GI problem, the procedure is no longer a "screening" but becomes "diagnostic". Please be aware that any polyp that is found may be pre-cancerous and must be removed. Your insurance benefits may change. We make every effort to code correctly for your procedure with the correct modifiers and diagnoses. We make every effort to work with the facility to have the billing coded correctly, as well. The correct coding of a procedure is driven by the physician and your medical history. It is not dictated by your benefit or the insurance company.

*\*These guidelines are CMS requirements and DHA providers are unable to make exceptions.*



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### NOTICE OF PRIVACY POLICIES

I understand Digestive Health Associates of Northern Michigan, P.C.'s notice of privacy practices are available upon request and are also posted on the bulletin board in the waiting room of their office.

### NO SHOW POLICY

We understand that situations arise in which you must cancel your appointment. It is therefore requested that if you must cancel your appointment you provide adequate notice. This will enable another person who is waiting for an appointment to be scheduled in that appointment slot. With cancelations made less than 24-48 hours notice, we are unable to offer that appointment slot to other people.

- Patients who fail to show for their scheduled office appointment or do not notify the office within 24 hours of their scheduled appointment time, shall be subject to a "No Show" penalty of \$50.00. In the event of an actual emergency and prior notice could not be given, consideration will be given - and an exception may be granted.
- Patients who fail to show for their scheduled procedure appointment or do not notify the office within 48 hours of their scheduled appointment time shall be subject to a "No Show" penalty of \$150.

We understand that special unavoidable circumstances may cause you to cancel within this time frame. Fees in this instance may be waived but only with management approval.

### OWNERSHIP

Copper Ridge Surgery Center, LLC is a joint venture between a group of Traverse City physicians and Munson Medical Center to improve patient access to outpatient procedures in our community. The group of physicians owns the land and building which is leased to the joint venture – Copper Ridge Surgery Center.

For the purpose of complete financial disclosure, we would like to inform you that Dr.'s **Rex Antinozzi, Robert Barnes, Mark Galan, Jeffrey Goldman, Monty Hegewald, and Glen Henbest** have ownership interests in the surgery center. As such, the fee for use of the facility will go to the joint venture.

All physicians on staff at Copper Ridge Surgery Center are also on staff at other facilities in the area. You have the right to request that the procedure be performed at another facility. If you have questions regarding this issue, feel free to discuss it with your physicians.

By signing below, I acknowledge that I have read and understand to all of the above and wish to proceed with my scheduled surgery at Copper Ridge Surgery Center.

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Patient Signature

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Date

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Print Name

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Date of Birth



## **COVID-19 Patient instructions**

To protect patients and staff and to comply with current CDC guidelines, Copper Ridge Surgery Center (CRSC) is screening our patients and visitors for COVID-19 symptoms upon entry to the facility.

Upon arrival, you and your visitor/family member will be requested to wear a mask, sanitize your hands, and asked a series of questions about COVID:

- Do you have a dry cough that is new?
- Do you have a sore throat?
- Are you experiencing shortness of breath?
- Have you had a fever?
- Do you have flu-like symptoms?
- Have you tested POSITIVE for COVID in the past?
- Have you been in close contact with someone who has tested positive in the last 14 days?

It is very important that, if you develop any of the above symptoms prior to your procedure, do NOT come to your appointment until you have contacted your physician for directions.

### Visitors:

We request that you bring only one (1) visitor with you who is healthy and not exhibiting the above symptoms. Your visitor/family member may wait in the lobby area during your pre-op period, wearing a mask. Our lobby is arranged to assist with social distancing. After your procedure, your visitor will be allowed to speak with your physician and be reunited with you in the Phase 2 discharge area.



Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Effective Date: 4/24/2015

# Medication and Allergy List

**PLEASE COMPLETE AND BRING THIS WITH YOU ON THE DATE OF YOUR PROCEDURE**

Have you been allergy tested?  Yes  No      Are you allergic to:  Latex  Iodine  Eggs  
 Metals (including jewelry)? If yes, what type: \_\_\_\_\_

Medication Allergy	What happens?

Please list your current medications below, including vitamins, herbal medications and meds prescribed but not taken.

TAKING BLOOD THINNERS (ex: Aspirin, Plavix, Coumadin, and Pradaxa)?  Yes  No  
If yes, time of last dose: \_\_\_\_\_

Medication Name	Dose (eg: 2 mg)	How often?	When Last Dose Taken?

(If space needed for additional medications, please list on reverse)

Medications reviewed at admission: \_\_\_\_\_ Date/Time: \_\_\_\_\_

Nurse Signature