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Preparation Instructions for Flexible Sigmoidoscopy
(MIRALAX/GATORADE)

Patient's Name: _____

Procedure Date: _____ Arrive By: _____ Procedure at: _____

Facility:

- | | |
|---|---|
| <input type="checkbox"/> Premier Endoscopy Center
1656 Medical Blvd. Suite 201. Naples,
FL 34110 | <input type="checkbox"/> NCH (Downtown) |
| | <input type="checkbox"/> North Collier Hospital |

Purchase:

1. One bottle of 64 oz. of Gatorade or Powerade (NO RED, PURPLE, OR BLUE)
2. One bottle of 238 g (8.3 oz) of Miralax.
3. Two Fleet enemas; available over the counter.

YOU SHOULD NOT EAT ANY SEEDS OR NUTS 7 DAYS PRIOR YOUR PROCEDURE.

Preparation Day: (the day before your procedure) _____

1. **After 2 PM, begin clear liquid diet.** You may eat as normal before 2 PM.

Clear Liquids:

Water	Apple Juice	Beef Broth	Vegetable Broth
Jell-O	Gatorade	Tea	Popsicles
Coffee	Carbonated Drinks	Chicken Broth	

2. At **5 pm**, mix the 238 g of Miralax with the 64 oz. of Gatorade and begin drinking. Drink the entire solution.
3. You may continue drinking clear liquids until midnight or the time you go to bed, to avoid dehydration.

**** HAVE NOTHING TO DRINK AFTER MIDNIGHT****

Examination Day: _____

1. Around _____, administer your first enema; approximately 2 hours before your procedure.
2. After your bowels move, wait 10-15 minutes and administer the second enema.
3. Take your morning dose of heart and blood pressure pills **ONLY** with just a few sips of water.
YOU MUST BE ACCOMPANIED BY SOMEONE TO DRIVE YOU HOME, AS YOU WILL BE SEDATED.
Be prepared to spend at least 2 hours at the center.

MEDICATION INSTRUCTIONS

- If you are a diabetic on insulin, take ½ your regular daily dose the day before your procedure, when you are on clear liquids. Do not take your insulin the morning of your procedure. Take ½ your regular dose after the procedure when you have your first meal. Please call us if you have any questions.
- If you are taking Coumadin, Plavix, Pradaxa, Xarelto or any other blood thinner, please consult with the physician before discontinuing the medication.
- Do not stop Prednisone or other cortisone type medication.

Please give us a call if you have any questions regarding your medications.

BILLING INFORMATION YOU SHOULD KNOW

When you have a procedure in our outpatient facility you could receive up to (4) four bills:

1. Physician's charge.
2. Facility charge.
3. Anesthesia
4. Pathology lab charge.

OUR OFFICE IS NOT RESPONSIBLE TO OBTAIN PRIOR-AUTHORIZATION, BENEFITS OR COVERAGE, OR TO MAKE SURE YOUR INSURANCE PARTICIPATES WITH OUR FACILITIES. IF YOU HAVE QUESTIONS MAKE SURE TO CALL CUSTOMER SERVICE ON THE BACK OF YOUR INSURANCE CARD.

If you have previously been advised that you will be using your out of network benefits, you must check with you insurance prior your procedure.

If after speaking with your insurance company you still have questions, feel free to contact our billing department at 239-732-1133 extension 101 or 105.

If a payment plan needs to be made, you must make arrangements with billing prior your date of service.

If once receiving your statements, there is a discrepancy on the coverage or on the amount being charged call the billing department directly at 239-732-1133.

IF YOUR INSURANCE IS OTHER THAN MEDICARE, IT IS YOUR RESPONSIBILITY TO NOTIFY YOUR CARRIER OF YOUR PROCEDURE.



Welcome to Premier Endoscopy Center. We hope to make this a positive experience for you.

To ensure that this occurs, we are asking you to follow the following guidelines:

- 1. Follow the orders from your physician concerning your preparation for the procedure.**
- 2. It is important to have someone to take you home to make sure you safely arrived home after having an anesthetic. A taxi/uber will not be permitted (unless previous arrangements have been made with office)**
- 3. All jewelry is to be left at home. We cannot be responsible for your valuables.**
- 4. We do not always have your medication lists available to us. Please have updated list of current meds, dosages, and medication schedule, along with a list of your allergies.**

Please keep in mind that we will do everything possible to see that your designated time for procedure is kept. Unfortunately, emergencies do occur which can lead to your procedure being delayed.

We look forward to providing excellent care during your visit.