Colonoscopy with Magnesium Citrate Prep

The preparation for your colonoscopy is critical for a successful procedure. Please read through this material as soon as you get it. Preparation begins 7 days before your procedure. Please follow the instructions carefully.

IF YOUR PROCEDURE IS SCHEDULED FOR NEWTON WELLESLEY HOSPITAL:

1. Please register by telephone (617-969-1227) with Newton Wellesley Hospital at least one week prior to procedure.

2. Report to the GI Unit reception area. Enter through the Surgical Center/East Entrance and proceed to GI registration desk just inside the door.

3. Your procedure is scheduled for ____________@______________.

4. Please arrive 30 minutes prior to procedure.

DO NOT GO TO YOUR DOCTOR’S OFFICE

** IF YOUR PROCEDURE IS SCHEDULED FOR ST. ELIZABETH’S HOSPITAL**

Please go directly to the Admissions Office at St. Elizabeth’s Hospital to register the day of your procedure.

CANCELLATION/NO SHOW POLICY FOR PROCEDURES

Scheduling time for procedures requires planning and coordination between the staff, doctors and the hospital. Since the schedule is often carefully planned to avoid delays and having patients taken care of in timely fashion, it is important that you adhere to the schedule as arranged. Should you need to reschedule or cancel, please do so at least 3 days prior to procedure.

If you have a viral infection or menstrual period, the exam will not be affected. However, if you have a fever, please call the office to reschedule.

If a procedure is not cancelled at least 3 business days in advance, you will be charged a
IMPORTANT!

When calling your insurance company for coverage /benefits be clear on what type of procedure you are having, this can make a financial difference.

- **Preventative Screening Colonoscopy:** Patient has no symptoms and no personal or family history of colon polyps, and/or cancer and is over the age of 50. The patient has also not undergone a colonoscopy within the last 10 years. *If a removal or biopsy is done this can also change your screening procedure to a diagnostic procedure, verify with your insurance company how this would be covered.*

- **Surveillance/High Risk Screening Colonoscopy:** Patient has a personal and/or family history of colon polyps, and/or colon cancer, and **no symptoms**.

- **Diagnostic/Therapeutic Colonoscopy:** Patient has past and/or present symptoms (abdominal pain, rectal bleeding, etc.).

Your primary care physician may refer you for a “screening” colonoscopy; however, you may not qualify as noted above. *Please also note that if you have a symptom, this will supersede a screening.*

**Verify with your insurance representative the following:**

1. Will I be responsible for a copay, deductible and/or coinsurance?

2. Is there an age restriction or frequency limit? *(Once every ten years at age 50, once every two years for a personal history of polyps beginning at age 45, etc.)*

3. If the physician does a biopsy or removal, will this change my out of pocket responsibility? Insurance carriers vary on this policy.

**Who will bill me?** You may receive bills from separate entities associated with your procedure, such as the physician, facility, and/or pathologist/laboratory, as each entity has their own separate charges and bills.

**What if my insurance company tells me that GHCA can change my claim to “Preventative”***?

This is a common occurrence. Often member services will tell a patient that if the physician has coded it as “preventative”, it would have been covered at 100%. However, you may not fall in that category as stated above. An insurance representative should never suggest a physician change their billing to produce better benefit coverage. If the physician were to make this change, it would be considered insurance fraud and punishable by the law.

For any further questions, contact your insurance carrier at the number listed on the back of your insurance card or the billing department at 617-614-6070.
Colonoscopy Advanced Preparation

Please read all this information as soon as you receive it. The preparation for your colonoscopy begins 7 days before your procedure.

Arranging a ride home before the day of your test

After your exam, you will not be able to drive or take any other transportation by yourself. You must arrange for a responsible adult to accompany you by car, taxi or public transportation. This is strictly observed for your safety. No exceptions will be made unless you have the procedure without sedation. If you wish to have the procedure without sedation, which is uncommon,
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Special Concerns – please address at least 7 days prior

Diabetes – Please contact the doctor who manages your diabetes for advice on any changes that are needed in your diabetes medication. You may need to reduce your medication dosage the day of procedure to prevent hypoglycemia (low blood sugar). If you check your blood sugar at home, please do so the morning of the procedure.

Blood Thinners – If you are on any blood thinners or anti-platelet drugs such as Coumadin (warfarin), Plavix (clopidogrel), Pradaxa (dabigatran), Eliquis (apixaban), Xarelto (rivaroxaban), Ticlid (ticlopidine), Effient (prasugrel), Persantine (dipyridamole), you NEED to discuss with your prescribing doctor whether your medication can be discontinued prior to the procedure and when to stop it. Please continue taking daily aspirin.

***Recommended: Coumadin and Plavix: 5 days prior

***Xarelto, Pradaxa, Eliquis, Savaysa: usually 2 days prior.

Diet

5 days prior to procedure, stop taking iron supplements. Begin a low residue diet by avoiding foods that contain seeds, nuts, corn (including popcorn), fruits, salads, cereals, bran, and Metamucil.

Bowel Prep

Please purchase the following and have it available for the day before your procedure.

- Magnesium Citrate*** – Three (3) bottles (10 oz. each). Do not get cherry or grape flavor unless it is dye free. Please purchase Magnesium Citrate a few days in advance, as some stores have limited supply.

- Purchase clear liquids that are not red, purple or pink. The following clear liquids are allowed: water, clear fruit juice (apple, white grape), bouillon broth, Jell-O, popsicles, clear soda (7-up, Sprite, ginger ale), black coffee and black tea with or without sugar or sweetener. No artificial red color: i.e. no red Jell-O, popsicle or Gatorade.

*** Your Magnesium Citrate bottles may say not to take more than one bottle per day. To prepare for your colonoscopy, it is ok to take more as outlined in this sheet.

One Day Before Your Exam

NO SOLID FOODS

- Vegetable, chicken or beef broth.
- Baby wipes and/or soft toilet tissue.
Drink only clear liquids for breakfast, lunch and dinner. Drink plenty of clear liquids throughout the day. No solid foods, milk or milk products. You may want to refrigerate your Magnesium Citrate. Be sure you have purchased the above items.

5 PM - Drink 1 bottle of magnesium citrate. You may mix it with juice, soda or Gatorade. Within the next 2 hours, drink at least 3 large glasses (8-10 oz.) of clear fluid. As response time varies per individual, it may take up to 6 – 8 hours for a bowel movement. When you begin having loose stool, baby wipes can help prevent irritation. If you feel nauseated while doing the prep, try chilling the Magnesium Citrate, dilute it with clear juice or ginger ale, and/or drink the prep slowly over 45 minutes.

9 PM – Take the second bottle of Magnesium Citrate. Again, drink at least 3 large glasses of clear liquids over the following 2 hours.

The Day of Your Exam

4 to 5 hours before your scheduled procedure time, drink the 3rd bottle of Magnesium Citrate followed by 3 large glasses (8-10 oz.) of clear liquids. You must drink this bottle even if your stools have become clear. For those of you with early morning procedures, we realize taking the 3rd bottle in the middle of the night is inconvenient but it is important for a successful exam.

STOP DRINKING CLEAR LIQUIDS 3 HOURS BEFORE YOUR SCHEDULED EXAM TIME!

You can take heart and blood pressure medicine with a small sip of water. As noted earlier, follow your prescribing doctor’s advice regarding diabetes medication and blood thinners.

Please leave computers, expensive jewelry, valuables and/or any weapons home.

You will meet with the physician in the endoscopy suite prior to the procedure to review the plan and answer any questions.

For further information on procedures, alternative preps, and FAQ’s, please consult our website at www.giwebmd.com.