

General Colonoscopy Instructions

What to Expect During Your Colonoscopy

- A colonoscopy allows examination of the **entire colon (large intestine)** using a thin, flexible camera
 - The procedure is performed **under anesthesia**, so you will be comfortable and not feel pain
 - **Polyps may be removed** if found, and **biopsies may be taken**, even if the lining appears normal
 - Removing polyps helps **prevent colon cancer** and allows accurate diagnosis of conditions such as inflammation or bleeding
 - The procedure typically takes **20–45 minutes**
 - Most patients go home the **same day** and resume normal activities the following day
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Before Your Procedure

 **Pick up all bowel prep supplies in advance** 

- In-office prep kits available
- Over-the-counter options available
- Prescription prep options available
- Extended prep kits are available for patients with constipation or prior inadequate bowel prep. Please notify our office in advance if this applies to you.

 **Blood thinners** 

→ We will obtain **prescriber approval** for you to hold for **2–7 days** prior to the procedure

 **GLP-1 medications**  (Mounjaro, Ozempic, Trulicity, Wegovy, Semaglutide, etc.):

→ **Hold injection the week prior** unless instructed otherwise.

 **Contact your insurance company** to confirm coverage. Coverage and patient responsibility may vary based on findings and your individual insurance plan. You may wish to ask about coverage for the following common procedure codes:

- Colonoscopy (screening): **CPT 45378, G0121 (average risk), G0105 (high risk)**
- Colonoscopy (with biopsy or polyp removal): **CPT 45380, 45385**
- Pathology (biopsy interpretation) - if necessary: **CPT 88305**

 **Cancellations** : Please provide **72 hours notice** to avoid a **\$100 cancellation fee**.

Pathology Services

- If biopsies or polyps are taken, they are reviewed by our **in-house GI-trained pathologists**.
- **Pathology services are billed separately**, and patients may receive a bill from Endoscopic Solutions, PC for laboratory services depending on insurance coverage, in addition to charges for the physician performing the procedure.

Diet Instructions (Very Important)

Low Residue Diet – Start 5 Days Before Your Procedure

Follow a low residue diet for 5 days prior to your procedure. A low-residue diet means eating foods that are **easy to digest** and **leave very little waste behind in your colon**. This helps clean out your colon more effectively before your procedure.

✗ Foods to Avoid

- ✗ **Whole Grains & Fiber:** Whole-wheat bread, brown rice, oatmeal, granola, bran, cereal with fiber, popcorn
- ✗ **Seeds & Nuts:** Nuts of any kind, seeds (chia, flax, sesame), Trail mix
- ✗ **Raw or High-Fiber Vegetables:** Salad, lettuce, Corn, Beans, lentils, Broccoli, cauliflower, Cabbage, Onions, Celery, Tomatoes (including sauces with seeds)
- ✗ **Fruits with Skins or Seeds:** Berries, Grapes, Oranges, Apples with skin, Pineapples, dried fruit
- ✗ **Fiber Supplements:** Fiber powders, fiber bars, fiber gummies, protein bars with high fiber content
- ✗ **Any food with visible seeds or peels**

Clear Liquid Diet – Day Before Your Procedure

Follow a clear liquid diet the entire day before your procedure. This allows the bowel prep to work effectively and improves visibility during the exam. **Avoid all RED and PURPLE liquids**, as these can appear like blood during the procedure.

✓ Examples of clear liquids

- ✓ Water (plain, carbonated, or flavored)
- ✓ Apple or white grape juice (no pulp)
- ✓ Lemonade or fruit-flavored drinks
- ✓ Clear sodas (cola, root beer)
- ✓ Tea or coffee without milk or cream
- ✓ Sports drinks
- ✓ Clear broth (bouillon or consommé)
- ✓ Gelatin, Jello
- ✓ Honey or sugar
- ✓ Hard candy (lemon drops, peppermint)
- ✓ Ice pops without fruit, milk, or seeds
- ✗ Avoid Red and Purple colors

One Day Prior to Procedure

- ✓ Follow the clear liquid diet only ✓
- 👤 Follow your bowel prep instructions exactly 👤
- 📞 You will receive a call with your **final procedure time** from the surgical center 📞
- 🚗 Arrange a driver to take you, stay with you, and take you home after the procedure 🚗

👤 Bowel Prep Timing 👤

- Different bowel prep regimens have different instructions. Always follow the specific instructions provided for your prep.
- Most bowel preps are taken in two parts: one dose **the day before** your procedure and a second dose **6 hours prior to** your procedure.
- Finish all prep and stop clear liquids at least **4 hours before your procedure**, if possible.
- Your stool must be clear before the procedure. If it is not, **call our office** for guidance.