



## **COVID**

Due to state mandate, a COVID test is mandatory at certain surgery centers prior to all procedures, whether you've had a vaccine or not. The endoscopy center / hospital will be contacting you to schedule the test if necessary.

## **Benefits & Authorizations**

We will verify your insurance and benefits; we will also ensure that you are being scheduled in a contracted facility based on the information provided by you and your insurance plan and policy guidelines. Although we verify your coverage and benefits, it is ultimately the patient's responsibility to know the details of their policy. We will also verify and / or initiate if authorization is required for your procedure.

## **Previous Balances / Cost of Procedures**

Based on your insurance deductibles, out of pocket expenses and co-insurance we will generate an estimate for the physician fees for your procedure. Please keep in mind the estimate by our office **does not** include facility or pathology charges. Payments for the procedure and any previous balance owed on the account must be paid in full prior to your procedure date. If you have a high deductible that has not been paid, we will require a deposit that will go toward any balance. Rick Martin is responsible for collecting these deposits. If you have any questions, he can be reached at 800-260-0232 x146.

## **Rescheduling / No Show Fee**

If you cannot attend a scheduled procedure, you must call at least 5 business days in advance of your scheduled procedure to avoid a \$250 cancellation / rescheduling fee, if you NO SHOW to the surgery center the day of your procedure, the fee is \$300. Payment will be required before rescheduling.



Patient Name: \_\_\_\_\_  
Physician: \_\_\_\_\_  
Procedure Date: \_\_\_\_\_ Time: \_\_\_\_\_  
Arrival Time: \_\_\_\_\_

You are scheduled at:

- Abrazo West Campus, 13677 W. McDowell Rd.  
Goodyear, AZ 623-882-1850
- Banner Estrella Surgery Center, 9301 W. Thomas Rd.  
Phoenix, AZ 623-213-7461
- Westgate Surgery Center, 7330 N. 99<sup>th</sup> Ave., Ste. 100,  
Glendale, AZ 623-888-5500
- Surgical Elite, 10815 W. McDowell Road Ste. #101  
Avondale, AZ 623-433-0110

### **Preparing for your Flexible Sigmoidoscopy (Flex-Sig)**

*Please read these instructions in their entirety when you receive them. Please call us with ANY questions. If the instructions are not followed we may not be able to do your procedure.*

#### **Clearance:**

- If this box is checked you will need a \_\_\_\_\_ clearance for your procedure. It is YOUR responsibility to follow up with your doctor(s) for this. We will fax your doctor requesting the clearance as a courtesy to you. If we do not receive your clearance one week before your procedure you may be rescheduled.

#### **Medications:**

- Please let us know IMMEDIATELY if you take any blood thinning medication such as Coumadin (Warfarin), Xarelto, Pradaxa, Eliquis, or Effient. We have to take special precautions for these medications.
- Please stop taking iron medicine or vitamins with iron 10 days prior to your exam.
- If you have diabetes, please read the attached special directions. Check your blood sugar prior to your exam check in time and please bring your glucometer with you to your procedure.
- If you have a pacemaker or internal cardiac defibrillator please let us know IMMEDIATELY!

Please bring a current copy of your advanced directive (ie: living will or medical power of attorney) to place in your medical record unless you have recently done so.

#### **Please remember:**

- During the exam you will receive intravenous (IV) medicine to sedate you. For the first 24 hours you may have the following: lapses of memory; slowed reaction time; impaired judgment. Therefore the following will is necessary for your safety:
  - ***Your exam WILL NOT be done unless you have a responsible adult accompany you home and be available to report any unexpected medical problems.***
  - You are not allowed to take a taxi home unless you have a responsible adult with you.
  - You may not drive motorized vehicles or equipment for 24 hours.
  - Do not drink alcohol for 24 hours.
  - Rest for the remainder of the day.
  - Do not return to work.
  - Do not assume responsibility for young children or anyone dependent on your care.
  - Avoid making important decisions or signing legal documents.
  - Do not travel by airplane for 7-10 days after your procedure.
  - Please remove and leave all jewelry at home.

#### **General Prep Instructions:**

- **TWO WEEKS BEFORE YOUR EXAM (14 DAYS):**
  - Stop use of all weight loss medicines, including but not limited to Ozempic, Wegovy, Mounjaro and any other semaglutide or tirzepatide compounds.
- **ONE WEEK BEFORE YOUR EXAM (7 DAYS):**
  - No Aspirin, Plavix, Trental, Aggrenox, Vitamin E, fish oil, or NSAIDs (non-steroidal anti-inflammatory drugs). For a full list please see page 3 of the prep form.
  - **Please do not stop any prescription medications without the permission of your provider that prescribed them.**
  - No illegal drugs (including Marijuana) for 7 days prior to your procedure. Use of illegal, non-prescribed drugs (including Marijuana) could cause adverse side effects during your procedure.
  - No Alcohol for 2 days prior to the procedure.
- Bowel cleansing will be improved if you avoid eating lettuce, grains, berries, seeds and vegetables 5 days before taking the bowel preparation.
- Your prep will be "split dosing" meaning you will take half at one time and the other half at a later time.
- You may mix your prep in the morning and put it in the refrigerator the day you will be drinking it.
- Crystal light Lemonade powder can be added for flavor.

**The Day BEFORE the procedure:**

- You should have no solid food; **No Milk or Milk Products**
- You should drink only clear liquids (Liquids that you can see through like apple or white grape juice, soda, water, coffee, tea, broth). You can also have jello and popsicles but nothing that is RED or PURPLE.
- You should drink ample amounts of clear liquids all day up until 6 hours before your check in time. **YOU MAY NOT HAVE ANYTHING BY MOUTH 6 HOURS BEFORE YOUR CHECK IN TIME!!!**

**AM PREP INSTRUCTIONS:**

- *If your flex-sig is scheduled in the AM hours you will drink half of your prep at 4:00PM and the other half at 10:00PM the day before your procedure*

**PM PREP INSTRUCTIONS:**

- *If your flex-sig is scheduled in the PM hours you will drink half of your prep at 6:00PM the day before your procedure and the other half at 4:00AM the morning of your procedure*
- **Continue to take your usual medications. If you are diabetic please follow the diabetic instructions.**
  - Each patient may respond to the bowel cleansing drink differently. Contact your health care provider if you have any questions.

**FAILURE TO FOLLOW THESE INSTRUCTIONS MY RESULT IN A REPEAT EXAM OR CANCELLATION OF YOUR EXAM.**

**Upon Arrival to the Endoscopy Department:**

- You will be asked to change into a gown. Your health history will be reviewed and an IV will be started. Then you will be taken to an exam room. Your vital signs will be watched closely during the exam by an anesthesiologist or nurse anesthetist.
- You will receive medication through your vein. This is called monitored anesthesia care (MAC). This medication should help sedate you and you will likely not feel or be aware of anything during the exam.
- During the exam, your physician will insert a colonoscope, a flexible thin tube, through your rectum and into your colon.
- The scope has a small camera that sends pictures to a screen. The endoscope allows the physician to look closely at the inside of the colon for bleeding, inflammation and tumors. There also is an open channel in the scope through which your physician may pass instruments to: sample tissue (biopsy), inject solutions, remove polyps, and cauterize tissue.
- The exam usually takes 20-40 min and when you are finished you will go to the recovery area where you will stay for 30-45 minutes.

**After the flex-sig:**

- You will receive initial results in the recovery room and final results usually within 2 weeks via follow up appointment, phone call or letter.
- It is normal to feel bloated, have gas cramps and pass large amounts of air. This will last until the air is expelled from your colon, usually the day after your exam.
  - Medications: Resume all of your medications unless otherwise instructed
  - Activity: Rest for the remainder of the day
  - Diet: Resume your regular diet if no other tests are ordered

**When to seek medical help ~ If you experience any of the following symptoms please go to the nearest Emergency Department:**

- ❖ Pass blood clots or blood colors the toilet water red (some blood with the first bowel movement is normal)
- ❖ Constant abdominal pain with/without blood, up to 14 days after the exam
- ❖ Temperature of 100.4 degrees or greater.

**Risks Associated With Flex-Sig:**

Serious problems with these exams are uncommon. Possible problems include perforation (tear through the wall of the bowel) bleeding, infection, drug reaction, injury to internal organs (spleen), fatal respiratory and cardiac arrest, or death. You may discuss all possible problems with your physician.

**Financial Questions:**

**Ensuring payment for all procedures (and associated costs) is your responsibility.** Our office will do it's best to pre-certify the procedure with your insurance company. We cannot know ahead of time, though, what your exact part of the cost of the procedure will be. The cost is different for every insurance company and every individual plan. If you have any concerns please contact the customer service department of your insurance company **prior** to undergoing the procedure. Please remember to inquire about coverage for ancillary services such as the facility fee, anesthesia and pathology fees.

You are responsible for any deductibles, co-payments, co-insurance or amounts not covered by the insurance carrier for your procedure. Any collection fees will also be your responsibility.

**If you cannot make your scheduled procedure you must call at least 5 days in advance to avoid a \$250.00 cancellation / reschedule fee. If you no show to the surgery center the day of the procedure, you will be charged a \$300 No Show Fee.**

**These instructions are also available on [www.drlizcruz.com](http://www.drlizcruz.com)**



**NSAIDs: Non-Steroidal Anti-Inflammatory Drugs**

- Aspirin (Anacin, Ascriptin, Bayer, Bufferin, Ecotrin, Excedrin)
- Choline and magnesium salicylates (CMT, Tricosal, Trilisate)
- Choline salicylate (Arthropan)
- Celecoxib (Celebrex)
- Diclofenac potassium (Cataflam)
- Diclofenac sodium (Voltaren, Voltaren XR)
- Diclofenac sodium with misoprostol (Arthrotec)
- Diflunisal (Dolobid)
- Etodolac (Lodine, Lodine XL)
- Fenoprofen calcium (Nalfon)
- Flurbiprofen (Ansaid)
- Ibuprofen (Advil, Motrin, Motrin IB, Nuprin)
- Indomethacin (Indocin, Indocin SR)
- Ketoprofen (Actron, Orudis, Orudis KT, Oruvail)
- Magnesium salicylate (Arthritab, Bayer Select, Doan’s Pills, Magan, Mobidin, Mobogesic)
- Meclofenamate sodium (Meclomen)
- Mefenamic acid (Ponstel)
- Meloxicam (Mobic)
- Nabumetone (Relafen)
- Naproxen (Naprosyn, Naprelan)
- Naproxen sodium (Aleve, Anaprox)
- Oxaprozin (Daypro)
- Piroxicam (Feldene)
- Rofecoxib (Vioxx)
- Salsalate (Amigesic, Anaflex 750, Disalcid, Marthritic, Mono Gestic, Salflex, Salsitab)
- Sodium Salicylate (various generics)
- Sulindac (Clinoril)
- Tolmetin sodium (Tolectin)
- Valdecoxib (Bextra)

**OKAY TO TAKE  
TYLONOL IF NEEDED.**

**Magnesium Citrate, Dulcolax and Miralax  
Colonoscopy Prep**

1. Two days prior to your procedure on \_\_\_\_\_ drink one 10 oz. bottle of magnesium citrate **(This can be purchased over the counter at the pharmacy, no prescription needed).**
2. Take 2-Dulcolax tablets (5mg) at 4pm on \_\_\_\_\_ **(These can be purchased over the counter at the pharmacy, no prescription needed).**
3. Mix 238g of Miralax powder **(this can be purchased over the counter at any pharmacy, no prescription needed)** with 64oz. of light-colored Gatorade **(No RED or PURPLE)** on \_\_\_\_\_.
4. Drink half of the liquid (32oz) on \_\_\_\_\_ at \_\_\_\_\_.
5. Drink the remaining half of the liquid (32oz) on \_\_\_\_\_ at \_\_\_\_\_.