



A Division of Wake Internal Medicine Consultants, Inc.

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Charles F. Barish, MD

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PATIENT'S NAME: _____ Doctor: Barish Ender Kaplan Herschelmann

PROCEDURE DATE: _____ APPT. TIME: _____ ARRIVAL TIME _____

THERE IS A \$250.00 CHARGE FOR FAILING TO CANCEL OR RESCHEDULE YOUR PROCEDURE AT LEAST 3 BUSINESS DAYS PRIOR TO YOUR PROCEDURE TIME. THIS INCLUDES CANCELING THE MORNING OF YOUR PROCEDURE. To change your appointment please call ext. 1281 OR ext. 1278

LOCATION:

Wake Internal Medicine 3100 Blue Ridge Road, Suite 300 Raleigh, NC 27612 (919) 781- 7500	Raleigh Endoscopy Center 2417 Atrium Drive, Suite 101 Raleigh, NC 27607 (919) 791-2060	Raleigh Endoscopy Center North 8300 Healthpark drive, Suite 210 Raleigh, NC 27615 (919) 256-7980
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2 DAYS PRIOR TO PROCEDURE: _____

- ❖ No nuts, no hard fruit, no vegetables (see page 2 for diet information)
- ❖ Take 2 Dulcolax laxatives tablets (or pharmacy equivalent) @ bedtime

1 DAY PRIOR TO PROCEDURE: _____

- ❖ In the morning prepare Nulytely/Colyte/Trilyte by mixing the crystals with partial warm water to dissolve, then fill the remaining with cold water to the top and refrigerate
- ❖ CLEAR LIQUIDS ONLY (see page 2 for diet)
- ❖ Take 10 mg Reglan tablet @ 5:30 p.m. after a clear liquid dinner @ 5:00 p.m. If the pill arrives crushed it is okay to take this way--This pill is to help prevent nausea
- ❖ At 6:00 p.m. start drinking the Nulytely/Colyte/Trilyte-BETWEEN 6 P.M. and 11 P.M. (About one glass every 10 to 15 minutes) You may start earlier than 6 p.m. --- Once you begin DO NOT eat or drink anything else until morning

NOTE: Bowel action may not begin immediately-- Do not be alarmed if several hours pass before you begin to have results from the Nulytely/Colyte/Trilyte

THE MORNING OF THE EXAM: _____

- ❖ You may have 8 oz of a CLEAR LIQUID up to four hours prior to the procedure.
- ❖ **NOTHING BY MOUTH FOUR HOURS PRIOR TO PROCEDURE.**

Any intake of liquid or food the morning of the exam will result in the delay or possible cancellation of your procedure.

If you are a diabetic, please ask about your insulin instructions

Take your blood pressure and/or heart medications with a small sip of water early on the day of the procedure

NOTE: If tissue samples are taken, you may receive a separate bill from the pathologist. These may be filed with you insurance company.

NO ASPIRIN OR and/or NON-STEROIDAL ANTI-INFLAMMATORY MEDICATIONS (Ibuprofen, Nuprin, Advil, Aleve, Motrin, etc.) MEDICATIONS 5 DAYS PRIOR TO PROCEDURE---TYLENOL IS ACCEPTABLE

IF YOU ARE ON COUMADIN, OR PAVIX PLEASE CALL FIVE DAYS PRIOR TO PROCEDURE FOR INSTRUCTIONS

Please avoid olestra and the medication Xenical for one week prior to procedure
Do not use any suppositories or ointments before your procedure

YOU MUST HAVE SOMEONE TO DRIVE YOU HOME!

LOW or SOFT FIBER DIET: 2 Days prior to colonoscopy

No vegetables, hard fruit or nuts

SOUPS: Broth or cream soups

MEATS: Tender Veal, beef, lamb, ham, chicken, turkey, liver, pork, fish or shellfish

FRUITS: Fruit juices, peeled or baked apples, ripe banana, canned peaches, canned pears, plums, apricots and cherries

CEREALS & BREADS: Refined cereals such as corn flakes, puffed rice, corn pops, frosted flakes, rice krispies, well cooked oatmeal, rice, noodles, macaroni, spaghetti, farina, grits, cornmeal, cream of wheat, white bread, plain crackers, plain rolls, biscuits, cornbread, plain waffles, and pancakes

DESSERTS: Pudding, custard, ice-cream, sherbet, cookies, gelatin desserts

BEVERAGES: Coffee, tea, juices, carbonated beverages, and milk

FATS: Butter, margarine, cream, sour cream, oil, crisp bacon, smooth peanut butter, mayonnaise

MISC: Eggs, Seasonings, jelly, honey, syrup, lemon juice, vinegar, cocoa, catsup, mustard, gravy, sauces, hard and chocolate candy made without nuts, coconut and dried fruits

CLEAR LIQUID DIET: 1 Day prior to colonoscopy

SOUPS: Clear bouillon, clear broth, of consommé

BEVERAGES: Tea, black coffee (decaf/regular), carbonated beverages (soft drinks), Kool-aid, Gatorade, water

JUICES: Cranberry, grape, apple (**NO orange juice or tomato juice**)

DESSERTS: Jell-O, Iced popsicles, water ices (**DO NOT USE red flavors**)

MISC: Sugar, salt, hard candy (lifesavers, etc.)

ALL COLONOSCOPY – UPPER ENDOSCOPY PATIENTS

Because of the medication you receive, you may not remember the procedure or speaking with the doctor afterwards. We encourage you to ask questions prior to the procedure and to call our office afterward, should you have any questions. The doctor will discuss his findings with you after the procedure. If biopsies or polyps were removed during the procedure, you should receive a phone call regarding the findings within 5-7 business days. If you have not heard from our office about the pathology results within 7 to 10 days, please call.

All Endoscopy Patients

PRIOR INSURANCE APPROVAL

Some insurance companies require prior approval for these procedures done in the office. It is your responsibility to check with your insurance company for prior approval. If they require authorization, please call our office, (919) 781-7500, Ext. 1247 with all pertinent information and we will obtain the authorization. Some insurance companies may not cover screening procedures. If your doctor has requested your procedure because you have reached the age where these procedures are recommended, your insurance company considers this a screening procedure. It is your responsibility to see how your insurance company will cover the procedure. For some outpatient procedures, insurance companies will cover at the percentage or copay different than they would for an office visit.

WAKE INTERNAL MEDICINE PAYMENT POLICY

PAYMENT IS DUE AT TIME OF SERVICE

Wake Internal Medicine Consultants does require patients with Medicare and non-contracted insurances to pay your estimated cost of the procedure in full one week prior to services being rendered. This is an estimated cost only and is subject to change in response to the physician's findings and subsequent treatment. If you have Medicare your estimated cost will be based upon the current Medicare Limiting Allowable, for all other plans your estimated cost will be based upon our current fee schedule. Our office will submit a claim to your insurance company on your behalf. Your insurance company will then remit their payment directly to you, the insured.

If you are having a procedure at Wake Internal Medicine Consultants, you will be contacted one week prior to the scheduled date after our office verifies benefits and receives your estimated cost for the procedure. This is an estimated cost and is subject to change in response to the physician's findings and subsequent treatment. Wake Internal Medicine Consultants does require patients to pay estimated cost prior to services being rendered.

If you are having a procedure at Raleigh Endoscopy Center, you will be contacted by Raleigh Endoscopy Center for any required prepayment.

We thank you for your patience and cooperation through the billing process and greatly appreciate you choosing Wake Internal Medicine for your medical care. If you have any questions regarding your fees please call (919) 781-7500 ext 1324.

What Is Lower GI Endoscopy?

Lower GI endoscopy is a special exam of your lower gastrointestinal (GI) tract. If you are having symptoms of a lower GI problem or have had an abnormal x-ray, this procedure may be done to get a better look. It can also help treat certain lower GI problems.

What Is An Endoscope?

During endoscopy, a long, narrow, flexible tube called an endoscope is used. This instrument contains a strong light video camera. Your GI tract can then be viewed on a video screen.

Getting Ready

Follow these and any other instructions you were given before your endoscopy. If you don't follow the doctor's instructions carefully, the test may need to be cancelled or done over.

For a colonoscopy, you may be told not to eat and to drink only clear liquids for 1 to 2 days before the exam.

Take any laxatives that are prescribed for you. An enema may also be prescribed.

Arrange for someone to drive you home after the exam if you will be sedated.

What To Tell Your Health Care Provider

Tell your healthcare provider before the exam if any of the following is true for you:

You are allergic to any medication or anesthetic.

You take any medication, especially aspirin or blood thinners.

You have heart or lung problems

You are pregnant.

The Procedure

The doctor and a nurse or technician performs the procedure. Colonoscopy can take 30 minutes or longer. Sigmoidoscopy often takes less than 15 minutes.

During the Procedure

You lie on the table on your left side.

For colonoscopy, you are given sedating (relaxing) medication through an IV (intravenous) line. Sigmoidoscopy usually doesn't require sedation.

The endoscope is inserted into your rectum. You may feel pressure and cramping. If you feel pain, tell your doctor or nurse.

You may receive more sedation or some pain medication.

The endoscope carries images of your colon to a video screen. Prints of the image may be taken as a record of your exam.

When the procedure is done, you rest for a time. If you have been sedated you must have an adult drive you home.

Lower GI Anatomy

Lower GI endoscopy allows your doctor to examine your lower GI tract. Your entire colon and rectum can be examined (colonoscopy). Or just the rectum and sigmoid colon can be examined (Sigmoidoscopy).

What Lower GI Endoscopy Can Do

Lower GI endoscopy helps diagnosis inflammation of the colon (colitis). It can be used to remove growths (polyps) from the wall of the digestive tract. It can be used to take a sample of tissue (biopsy) for later study.

It can pinpoint causes of bleeding or pain. It can also help detect colon or rectal cancer.

After the Procedure

You may hear some test results before you go home. If you had polyps removed or a biopsy, results may take several days.

Follow your doctor instructions for how to care for yourself after the procedure.

When to Call Your Doctor

Call if you have any of the following:

Pain in your abdomen

Fever

Rectal bleeding