

## COLONOSCOPY REMINDER

Your Colonoscopy has been scheduled at:

- Chevy Chase Endoscopy Center**  
5530 Wisconsin Avenue  
Suite 500  
Chevy Chase, MD 20815  
301-654-8020

### Colonoscopy

Physician \_\_\_\_\_

Colonoscopy \_\_\_\_\_

Date Scheduled \_\_\_\_\_  AM  
 PM

Arrival Time \_\_\_\_\_

**IMPORTANT REMINDER:** You will be receiving sedation for your colonoscopy. Regulatory policy requires that you **MUST** arrange transportation home with an adult. We cannot allow you to leave unattended, even in a taxi. Failure to adhere to this policy might require that your colonoscopy be cancelled or require withholding of the sedation during your exam. If you cannot arrange transportation, your scheduler can give you a list of licensed transportation services.

**Questions or  
rescheduling, call:  
M–F 8:30 A.M.–4:30 P.M.  
240-737-0085**

**For after-hours  
questions:  
1-877-722-7098**

### REGARDING MEDICATIONS

If you take prescription medications, especially diabetes medications or anticoagulants (blood thinners) such as Coumadin & Plavix, **you should check with your Primary Care Physician prior to your colonoscopy as to how they should be adjusted.** Blood pressure and cholesterol medicines may be taken normally.

**Antibiotics:** If you have had a previous heart valve infection, currently have a prosthetic heart valve or had a recent joint replacement (within 6 months), you **MUST** have an office visit with your Gastroenterologist prior to your colonoscopy.



*A Division of Capital Digestive Care, LLC*

**Review your instructions  
one week in advance of  
your colonoscopy.**

**ADDITIONAL  
INFORMATION  
YOU NEED TO  
KNOW FOR YOUR  
COLONOSCOPY**

## **BILLING INFORMATION FOR YOUR COLONOSCOPY**

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You will receive at least two (2) billing statements for your colonoscopy; one from your doctor and one from the endoscopy center or hospital where the colonoscopy was performed.

If the colonoscopy included a biopsy or lab work, you will receive a third bill, and if an anesthesiologist was required for your colonoscopy, a fourth bill.

Your insurance company will be billed separately for all such charges. You will continue to receive monthly statements while your insurance company processes your claim(s).

Please make arrangements with us to pay the portion of your bill that is NOT covered by your insurance.

For billing questions, please call **240-485-5200 and press option 2**

For questions about the anesthesia bill, contact the number listed on that statement.

*Additional number for questions...*

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Capital Digestive Care  
Laboratory Services **240-485-5200**

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### ***Cancellation Policy***

Cancellations for non-medical reasons MUST be made 1 week in advance of the scheduled colonoscopy date. If you cancel within one (1) week of the colonoscopy, you will be charged \$150. This cancellation fee will not be covered by your insurance and will be your responsibility. You will need to pay this charge prior to rescheduling your colonoscopy.

Last minute cancellations for medical and personal emergencies (death or illness within your family) will not incur a penalty fee, but must be discussed with your doctor who is scheduled to perform your colonoscopy. We will work with you to help get the colonoscopy accomplished when possible. Please let us know if you have any questions.

## **FREQUENTLY ASKED QUESTIONS ABOUT YOUR COLONOSCOPY**

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### ***Why do I need a colonoscopy?***

Colon cancer is currently the second leading cause of cancer deaths in the United States. Studies indicate that regular colonoscopy exams reduce your risk of developing colon cancer by 75% - 90%.

### ***Does everyone get colon polyps?***

If you are over 50, your chance of having polyps increases 20%-25%. This rate doubles if you have a personal or family history of polyps or colon cancer.

### ***Are all polyps cancerous?***

While most polyps never develop into cancer, some do, and usually present no symptoms during the ten years they normally take to become cancerous.

### ***When should I start getting a colonoscopy?***

You should have a screening colonoscopy at age 50, or earlier if you have a family history of polyps or colon cancer.

### ***How often do I need to have a colonoscopy?***

Every ten years, if your previous colonoscopy showed a normal colon. If you had polyps, or if you have a family history of polyps or colon cancer, every 3-5 years will normally be recommended.

### ***Why do I need a ride home after my colonoscopy?***

You will still feel the affects of the sedative you were given even after you are able to leave. Therefore, please arrange to have someone take you home after your colonoscopy, as you will not be allowed to drive home.

### ***Will my insurance cover a colonoscopy?***

Most healthcare insurers, including Medicare, will pay for a screening colonoscopy every ten years. If you have a personal or family history of polyps or colon cancer, or have certain symptoms, such as rectal bleeding, unexplained abdominal pain and persistent diarrhea they will normally pay for more frequent colonoscopies.

### ***What about a virtual colonoscopy?***

Virtual colonoscopy uses x-rays and computers to produce two- and three-dimensional images of the entire colon, displaying them on a screen.

If you need a screening colonoscopy and have average risk factors you may want to consider a Virtual Colonoscopy. You should discuss this with your primary care physician.

Polyps, if found, cannot be removed during a Virtual Colonoscopy. It will be necessary to schedule a traditional colonoscopy to do so.

### ***Is a colonoscopy safe?***

The safety track record for colonoscopy is excellent. Complications are infrequent and usually related to the removal of colon polyps. Bleeding occasionally occurs after polyp removal and rarely a perforation of the colon may occur. There is also some risk from sedation. All of these complications can be effectively treated.

### ***If I have my period, can I still have a colonoscopy?***

Yes, you may still have a colonoscopy. Having your period will have no affect on the colonoscopy.

### ***I drank all 8 glasses of the solution in the evening and I haven't had a bowel movement. What should I do?***

This is not an uncommon problem. Try walking around to help move the solution through your body. If your bowels still have not moved, drink 3-5 additional glasses of the PegLytes solution (Trylite) until your discharge is a cloudy yellowish color. The day of the colonoscopy, you will need to continue drinking the remaining glasses of solution as directed in the checklist.

***If you are having an Upper Endoscopy (EGD) and a Colonoscopy together, please follow your instructions for the colonoscopy. No further instructions are needed.***