

## Flexible Sigmoidoscopy Instructions No Sedation

### Medication Alert

- **If you take any of these medications, please contact the NYGA office immediately.**  
Heparin, Lovenox, Warfarin (Coumadin), Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Lixiana, Savaysa), Betrixaban (Bevyxxa), Clopidigrel (Plavix), Prasugrel (Effient), Dabigatran Pradaxa), Bivalirudin (Angiomax), Argatroban (Argatra, Novastan, Arganova, Exembol), Brilinta (Ticagrelor) and Desirudin (Iprivask, Revase)
- **If you take any of these or other novel diabetes or weight loss medications, please inform your NYGA doctor since these medications will need to be adjusted or the procedure will be cancelled.**  
Semaglutide, Wegovy, Ozempic, Rybelsus, Liraglutide, Saxenda, Victoza, Dulaglutide, Trulicity, Tirzepatide, Mounjaro, Zepbound, Exenatide, Byetta, Bydureon, Lixisenatide, Adlyxin
- **DO NOT skip your blood pressure medications including the days before and the day of your procedure. If taking blood pressure medication within 3 hours of the procedure, drink no more than a few sips of water.**

### Beginning 7 Days Before Your Procedure

<b>7 Days Before</b>	<ul style="list-style-type: none"> <li>• Purchase 2 Fleet Enemas of Saline Laxatives from your local pharmacy</li> </ul>
<b>3 Hours Before</b>	<ul style="list-style-type: none"> <li>• Prepare and use Fleet Enemas as follows:             <ul style="list-style-type: none"> <li>- Gently insert Fleet Enema tip into the rectum with a slight side to side movement</li> <li>- Squeeze bottle until nearly all the liquid is gone</li> <li>- Remove tip from rectum and maintain position until urge to evacuate is strong (Usually 1-5 min)</li> <li>- Do NOT maintain enema solution for more than 10 minutes</li> <li>- After 10 mins, repeat this process with the second Fleet Enema</li> </ul> </li> </ul> <p><b>THERE ARE NO DIETARY RESTRICTIONS AS YOU WILL NOT BE SEDATED</b></p>

### Additional Information

- **Arrive 30 minutes early.** Arriving late could lead to your procedure being delayed or canceled.
- Upon arrival, females of childbearing age are legally required to provide a **urine sample for a pregnancy test.**
- **Need to cancel your procedure? Please notify our office as soon as possible. You will be charged a cancellation fee of \$250 if the procedure is not cancelled at least 2 business days before your scheduled procedure time.**

## Procedure Billing Information

### Appointment Details

You are scheduled for a procedure, such as a colonoscopy, upper endoscopy (EGD), or HemWell™, at one of our affiliated ambulatory endoscopy centers. Please check your NYGA patient portal to confirm the specific location, date, and time of your appointment.

### Billing Details

A procedure typically involves several fees that are payable to various parties, including the endoscopy center, New York Gastroenterology Associates (NYGA), and the pathology lab. These fees include:

Fee	Charged By
Facility fee	Endoscopy center
Anesthesia fee	Endoscopy center
Professional fee	NYGA
Pathology fee (if applicable)	Pathology lab (which may be NYGA)

### Out-of-Pocket Costs

Depending on your insurance, you may be responsible for out-of-pocket costs (e.g., copay, deductible, co-insurance) related to the above fees, as follows:

- Estimated out-of-pocket facility and anesthesia fees** payable to the endoscopy center are due on the day of your appointment. You will receive an estimate\* via call or text a few days before your procedure to reflect your remaining deductible and current policy details. If you do not receive a message, the estimate will be provided at check-in. The endoscopy center accepts cash, checks, and credit cards.

*\* Screening colonoscopies generally do not receive advance cost estimates, as they are typically fully covered by insurance. However, if the procedure is reclassified as diagnostic or surveillance based on findings, cost-sharing may apply and you could incur out-of-pocket costs that were not previously estimated.*
- Out-of-pocket costs related to professional and pathology fees** will be determined after the facility and anesthesia fees have been applied to your deductible and communicated to you separately.