

## Flexible Sigmoidoscopy Instructions with Sedation (Anesthesia)

### 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, Revasc)
- **If you take diabetes medications, contact your primary care doctor right away for instructions.**
- **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, Sexenda, 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>• Arrange for someone to pick you up after your procedure</li> <li>• Purchase 2 Fleet Enemas of Saline Laxatives from your local pharmacy</li> </ul>  |
| <b>8 Hours Before</b> | <p><b>NO</b> solid foods. <b>Only</b> clear liquids including:</p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Apple, white grape, and white cranberry juices without pulp</li> <li>• Clear soup broth</li> <li>• Tea or coffee (<b>NO</b> milk, cream)</li> <li>• Gatorade / Powerade (<b>NO</b> red, orange, or purple colors)</li> <li>• Jell-O (<b>NO</b> red, orange, or purple colors)</li> <li>• Popsicles or sorbet (<b>NO</b> red, orange, or purple colors)</li> <li>• <b>NO</b> alcohol</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>NO FOOD OR DRINK (INCLUDING WATER) WITHIN 3 HOURS OF PROCEDURE</b></p> |

### Additional Information

- **Arrive 1 hour 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.**
- After your procedure you must not drive for the rest of the day. If you are over 75 someone must escort you home.
- **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.