

**Gastroenterology Associates of Northern New York, PC**  
**Board Certified Gastroenterology**

Kevin J. Herlihy, M.D.  
Michael P. Chase, M.D.  
William M. Bauer, M.D.  
John M. Coombes, M.D.  
Ovais Ahmed, M.D.

Five Irongate Center  
Glens Falls, NY 12801  
**518-793-5034**

[www.giassociatespc.com](http://www.giassociatespc.com)

Kelly Knill, RPA-C  
Lynn Collette-Zachar, FNP-C  
Brittany Smith, FNP-C  
Courtney Stewart, ANP-C  
Rachel Baker, FNP-C

**FLEXIBLE SIGMOIDOSCOPY WITH SEDATION**

**Name:** \_\_\_\_\_ **Appointment Date** \_\_\_\_\_

**PROCEDURE TIME:** \_\_\_\_\_ **ARRIVAL TIME:** \_\_\_\_\_

**Location: GI Center at Glens Falls Hospital. Patient parking is provided in the GI Lot located in the rear of the hospital, behind the Emergency Department.**

**Please do not arrive prior to 7:00AM. The GI Center closes in the late afternoon and patients must be picked up no later than 4:30 PM.**

**PLANNING FOR YOUR FLEXIBLE SIGMOIDOSCOPY WITH SEDATION**

Please follow the “Fleet Enema Preparation” on the next page.

- Arrange for a responsible adult (18 years or older) to drive you home. **You must have a responsible adult with you even if you take a taxi or use medical transport.**
- You will be receiving intravenous sedation for your procedure; this will limit what you can do after the procedure until the following day. **You may not drive or operate machinery for the next 24 hours and a responsible adult must stay with you for 24 hours following the procedure.**
- Please wear comfortable, loose fitting clothing and leave valuables at home.
- **The Glens Falls Hospital scheduling staff will call to pre-register you prior to your procedure and a nurse from the GI Center will call you to review your medical history.**
- Please bring your insurance card and photo ID on the day of the exam
- You will be at the GI Center 2 ½ - 3 hours from time of arrival to discharge.

It is very important that you keep this scheduled appointment. If you must cancel or reschedule your colonoscopy appointment, please **call 518-793-5034 at least 7 days in advance**. Patients failing to cancel their colonoscopy appointment within 7 days will be billed an administrative fee of \$100 by Gastroenterology Associates of Northern NY, P.C. This fee must be paid prior to rescheduling your procedure or scheduling future appointments with our practice. If you have any questions regarding the need to cancel due to illness or other health issues, contact our office or our physician on call (after hours or on weekends)

**Purchase the following prep supplies (over the counter):**

- **Two Fleet Enemas (plain, not oil).** Fleet Enema (green and white box) is a brand of enema which is available at your local pharmacy.

**Medications:**

- **If you are diabetic** and take oral diabetic agents, please do not take these medications on the day of your sigmoidoscopy. If you take insulin, we will give you specific instructions for insulin the evening prior and day of your sigmoidoscopy. If you have not received specific instructions for your diabetic medications, please call our office.
- **If you take anticoagulant medications (blood thinners) or anti-platelet medications such as:**

**WARFARIN (Coumadin, Jantoven)**  
**PRADAXA (Dabigatran)**  
**XARELTO (Rivaroxaban)**  
**ELIQUIS (Apixaban)**  
**SAVAYSA (Edoxaban)**

**PLAVIX (Clopidogrel)**  
**BRILINTA (Ticagrelor)**  
**EFFIENT (Prasugrel)**  
**PLETAL (Cilostazol)**

We will give you instructions for holding these medications prior to the sigmoidoscopy after consulting with the prescribing physician. If you have not received specific instructions from our office within 10 days of your scheduled procedure, please call our office.

- You may continue to take daily medications including aspirin and nonsteroidal anti-inflammatory medications (NSAIDs) such as Advil, Aleve, Celebrex, Bextra, and Voltaren. You may also take Tylenol (acetaminophen)

**If you have not heard from the Glens Falls Hospital scheduling staff within 24 hours of your procedure, please call 518-926-5333.**

**If you have not heard from a GI Center nurse to review your medical history within 24 hours of your procedure, please call 518-926-6225.**

**PLEASE NOTE:** If your insurance plan requires a referral form from your primary care physician, please confirm that our office has received the referral form to cover this procedure. If your insurance plan requires pre-authorization for this procedure, please confirm that our office has obtained the pre-authorization for this procedure.

**THE DAY BEFORE YOUR SIGMOIDOSCOPY DAY: \_\_\_\_\_**

- You may consume a normal diet the day before the exam. **DO NOT EAT ANY SOLID FOOD AFTER MIDNIGHT.**

**THE DAY OF YOUR SIGMOIDOSCOPY DAY: \_\_\_\_\_**

- You may drink clear liquids **ONLY (SEE BELOW)** up to 2 hours prior to your procedure.
- You may take your morning medications with water up to 2 hours prior to your procedure.

**NOTHING BY MOUTH (including water, gum and mints) AFTER \_\_\_\_\_**

- 90 minutes prior to your procedure appointment, administer the Fleets enemas rectally, as directed on the package. The enemas should be given one after the other, not simultaneously and should be retained as long as possible.
- Please do not use any other laxative preparation for the examination.
- Please call our office at 518-793-5034 if you have any questions regarding your preparation for the exam.

**You may drink these clear liquids:**

- Gatorade, G2, Powerade, Pedialyte  
Crystal Light Lemonade
- Coffee or tea (black only)
- Chicken or beef broth
- Carbonated beverages – sodas and flavored seltzers
- Apple juice, white cranberry juice or white grape juice
- Jell-O, popsicles or italian ices (without fruit or cream)
- Pulp free orange juice

**DO NOT DRINK THESE LIQUIDS:**

- **MILK, CREAM OR non-dairy creamer**
- Juice with pulp

**NO RED, BLUE, GREEN OR PURPLE LIQUIDS**

**Due to increasing number of patients with high deductible plans, all deductibles, copays and coinsurance are due five days prior to your appointment. Payment should be mailed or brought to our office at Five Irongate Center, Glens Falls, New York 12801. If our office does not receive payment within the above time frame, your procedure will need to be rescheduled.**

**Gastroenterology Associates of Northern New York, PC**  
**Board Certified Gastroenterology**

Kevin J. Herlihy, M.D.  
Michael P. Chase, M.D.  
William M. Bauer, M.D.  
John M. Coombes, M.D.  
Ovais Ahmed, M.D.

Five Irongate Center  
Glens Falls, NY 12801  
**518-793-5034**

[www.giassociatespc.com](http://www.giassociatespc.com)

Kelly Knill, RPA-C  
Lynn Collette-Zachar, FNP-C  
Brittany Smith, FNP-C  
Courtney Stewart, ANP-C  
Rachel Baker, FNP-C

There are multiple charges you will incur when having a procedure performed. The physician performing your procedure will have a charge, the facility where you have your procedure performed will have a facility charge and if you have a biopsy taken or polyp removed, there will also be a fee for pathology services. Most patients will undergo conscious sedation which is given by our physicians and included in the physician charge, but if you are scheduled for anesthesiologist assisted sedation, there will also be a charge for the anesthesiologist.

The physicians of Gastroenterology Associates of Northern New York, P.C. participate with the following insurance plans:

Aetna  
Blue Shield of Northeastern New York  
CDPHP  
Emblem Health (GHI)  
Empire Blue Cross  
Fidelis  
Humana  
Magnacare  
Martins Point  
Medicare  
MVP  
New York State Empire Plan  
New York State Medicaid  
Shared Health Network  
Today's Options  
United Healthcare

If your insurance plan is not listed above, please call our billing office at 518-793-5034 to discuss your insurance coverage and financial responsibility.

You will need to contact the facility where you are scheduled for your protection to discuss whether they participate with your insurance company. They will also be able to answer questions about pathology services. If you are scheduled for your procedure at Northern GI Endoscopy Center, our billing office can help answer any insurance questions you may have regarding the facility fees or pathology fees.

Our physicians have privileges and perform procedures at Glens Falls Hospital, Saratoga Surgery Center and Northern GI Endoscopy Center