

Colonoscopy Checklist ~ Valleycare Gastroenterology

1-2 weeks before appointment:

- ✓ Take off work for the day of your colonoscopy
- ✓ Arrange for someone to take you to and from your procedure
- ✓ Stock up on the essential: toilet paper, wet wipes, clear liquids
- ✓ Make sure you picked up your prep from your pharmacy
- ✓ Make sure you understand all of the steps of your prep, when to start and finish and what you can and can't eat or drink
- ✓ Remember to talk to your Doctor about prescriptions or non-prescription medications and any vitamins or herbal supplements you are taking
- ✓ Start hydrating early (even days) before your prep, the prep removes a lot of fluid from the body and it needs to be replaced

During your Prep:

- ✓ Wear pants that are easy to take off and put on repeatedly
- ✓ Stay near a bathroom – you'll be spending a lot of time in there
- ✓ Use wet wipes instead of toilet paper – you'll be glad you did
- ✓ Keep your choice of approved clear liquids handy and drink to stay hydrated
- ✓ MAKE sure you follow the instructions and finish the prep properly to increase a successful prep and colonoscopy

After your Colonoscopy:

- ✓ Plan on resting for the remainder of the day - finish that book or TV series
 - ✓ Don't drive or operate any machinery until you are well rested
 - ✓ Ease back into eating. You might feel hungry, but start with a light meal and gradually return to your normal diet
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Understanding your Colonoscopy charges:



PROFESSIONAL CHARGE: This is the charge from our office for Dr. Wolfe performing the procedure. Billing department phone number: 925-460-8167 x 329



FACILITY CHARGE: This is the fee from Hacienda Surgery Center where your procedure was done, (or Stanford ValleyCare). If you have questions regarding the facility charge, please call 925-621-6714 and ask for their billing person.



PATHOLOGY FEE: This is the fee from CoCoPath Associates for the interpretation of a biopsy (tissue specimen) by one of their pathologists. If you have billing questions regarding the pathology fee please call their billing department at 510-964-0456.