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

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.