

Your Doctors & Staff



 **UnityPoint Health**
Trinity Regional Medical Center

Darren Croo, M.D.
General Surgery Office:
(515) 574-6865



 **UnityPoint Health**
Trinity Regional Medical Center

Kenneth Adams, M.D.
General Surgery Office:
(800) 622-8317



 **HCS** your care,
MH our mission
HUMBOLDT COUNTY MEMORIAL HOSPITAL

Jacob Miller, C.R.N.A.
Anesthesia Office:
(515) 332-7669

You are **ALWAYS**
our priority.

QUESTIONS?

515-332-7669



For more information, visit
www.humboldthospital.org

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HUMBOLDT COUNTY MEMORIAL HOSPITAL

1/2020



Name: _____

Provider: Dr. Darren Croo
Dr. Kenneth Adams

Date: _____

Time of Arrival: _____

Pharmacy: _____

Important Medication Information:

Family Doctor: _____

Ask your Family Doctor which of your daily medications you should take and when to stop them before your colonoscopy. These include blood thinning medications, aspirin, arthritis medications and any other daily medications you are taking.

Insurance:

Screening vs. Diagnostic Colonoscopies

It is important to call your insurance company about your colonoscopy benefits. These are the two types of colonoscopies and they may process differently through your insurance. Screening colonoscopies are typically covered at 100% while diagnostic colonoscopies often are subject to deductibles and co-insurance. The checked box indicates what type of procedure your doctor has you scheduled for.

Screening Colonoscopy Criteria:

- No personal history of colon cancer or polyps within the last 2 years
- No symptoms before the procedure (abdominal cramping, blood in the stool, weight loss, anemia, vomiting)

Diagnostic Colonoscopy Criteria:

- Personal history of colon cancer
- Previous colonoscopy (ies) had findings of polyps, diverticulitis etc. within the last two years.
- Symptoms are present before the procedure (abdominal cramping, blood in the stool, weight loss, anemia, vomiting)

Keep in mind, the procedure is subject to change based on the findings from the procedure. For example, a screening colonoscopy can change to a diagnostic colonoscopy if polyps/lesions are found. That's why understanding the benefits under your plan are important to know how your colonoscopy will process through your insurance.

Please contact our Financial Aid/Counseling team with questions:

515-332-4200

What is a Colonoscopy?

Colonoscopy is a procedure which allows your doctor to see inside the large intestine. A lighted movable tube called a colonoscope is inserted into the rectum to view the inside of the colon. Biopsies (tissue samples) and polyps (tissue growths) may be removed through the scope.

Pre-Procedure Phone Call

A HCMH Surgical Services nurse will call you 1-3 days before your procedure. On this call we will review your health, medicines and procedure instructions. If you are not home during daytime hours or are difficult to reach, please call the HCMH Surgical Services Department at 515-332-7669.

Colonoscopy Preparation Instructions

IMPORTANT: Your colon must be completely clean before your colonoscopy.

1. Please refer to [Colonoscopy Prep Instruction sheet](#).
2. Your doctor will tell you which of your daily medications you should take before your procedure. Be sure to ask about insulin, heart and blood pressure medications and blood thinners.
3. Day of procedure:
 - Make sure you have someone that can drive you home from the hospital and stay with you at least 4 hours, preferably 24 hours.
 - Leave all valuables at home.

Failure to follow the Colonoscopy Prep Instructions sheet could result in delaying your colonoscopy.

Please do not eat any raisins, nuts or corn for the 3 days prior.

The Day of the Procedure

Please register at the Surgery Center Entrance located behind the ER.

If you take a blood thinner, you will need blood drawn before your procedure at the hospital lab department.

If you are a female between the ages of 12 and 55 and have not had a hysterectomy you will need to provide a urine sample for a pregnancy test to be done within 24 hours of your procedure.

You will come to the Surgical Services Department. A nurse will ask you questions, check your temperature, listen to your heart and lungs and start an IV. A family member may be with you if you wish.

In the procedure room you will be given medicines to keep you comfortable. A colonoscopy will take 20-30 minutes. Your family may wait in our waiting room during your procedure. Your doctor will talk to your family when your colonoscopy is finished.

After your procedure, you will be taken to a wake-up area. You will have something to eat and drink before going home and will stay for about an hour. You cannot drive yourself home.

When you go home don't do anything that requires you to be alert. For the next 24 hours you cannot cook or operate electric equipment or machinery. It is best if someone stays with you when you first return home. Before you leave, we will talk to you and your family about your care at home and follow-up instructions.