

Houston Gastroenterology Associates

Houston Gastroenterology Associates (HGA) realizes that your time is important and some of our patients may wish to proceed with a colonoscopy for colon cancer screening without a preliminary visit to the physician's office (so called direct-access colonoscopy). To accommodate these patients we have provided the following checklist to determine if you are a candidate for screening colonoscopy under this circumstance. Please take a moment to review and answer all the following items:

- You have not had a colonoscopy screening within the last 10 years.
- You are at least 50 years of age with no family history of colon cancer or at least 40 years of age with a first-degree relative diagnosed with colon cancer at age 50 or younger.
- You have not had problems with prior anesthesia or sedation.
- You do not have any gastrointestinal symptoms that concern you.
- You do not have a bleeding disorder or a history of prolonged bleeding after minor injury.
- You are not on blood thinners such as coumadin (warfarin) or Plavix.
- If you are on aspirin your prescribing physician will allow you to stop this medication for 5 days prior to your procedure.
- You do not have a serious acute or chronic illness such as heart, kidney, liver, neurologic (previous stroke or TIA), lung disease or diabetes for which you are currently under treatment.
- You do not use alcohol to excess or recreational drugs.
- You are not taking pain relievers, tranquilizers, sedatives, antidepressants on a regular basis.
- You have not had valvular heart disease, rheumatic fever, mitral valve prolapse or a heart murmur that your physician has advised that you receive antibiotics for prior to surgical procedures, dental work, etc.

We ask you to remember that eligible patients for this arrangement are generally healthy patients without major medical illnesses. If you have checked all the above items you will be considered for colonoscopy without a prior physician visit. Please keep in mind that, rarely, the physician that examines you prior to your procedure may discover other circumstances that could change your candidacy for direct-access colonoscopy.

When you make your appointment for your procedure the Practice Development Coordinator will obtain appropriate insurance information and verification to ensure your plan provides for this screening. Some plans (HMOs' and some PPOs') will require pre-certification and/or a referral from your primary care physician.

Should you not meet criteria as listed above or feel more comfortable with an office visit prior to your procedure, please ask the Practice Development Coordinator to arrange an appointment with one of our doctors. Visits can usually be arranged within a two week period.

Person Completing Form



Patient Signature

Date