

Center for Health and Cancer Prevention & Virginia Colonoscopy

1301 First Colonial Rd
Suite 201
Virginia Beach, VA 23454
PH: 757-412-4919

DATE OF APPOINTMENT: _____ CHECK IN TIME: _____

What is Included in this Packet:

1. COVID-19 Requirements
2. Directions to Virginia Beach General Hospital
3. Instructions for where to check-in upon arrival
4. SUTAB Prep Instructions
5. Alternate Prep Instructions - (Miralax and Dulcolax)

Please call us at (757) 412-4919 if you haven't received any of these forms. Please visit our website at <https://www.virginiacolonoscopy.com> for informational videos on what to expect the day of your procedure and preparation advice for your colonoscopy or endoscopy.

******Please arrive 60 minutes prior to your appointment with your ID, Insurance Cards, and Completed Paperwork******

Important: Please Read

Colonoscopy and endoscopy are very safe procedures. In experienced hands, the overall complication rate is less than 1 in 1,000 (serious complications include but are not limited to: bleeding, perforation (tearing of the bowel wall), and cardiac or respiratory complications). Colonoscopy is therefore about 99.99% safe. Colon cancer on the other hand affects 1 in 19 people in the United States, with a 40% mortality rate in the first 5 years. Colonoscopy has been shown in some studies to reduce the risk of developing colon cancer by over 90%. While there is a very small but definite risk of serious complication during a colonoscopy, it is overshadowed greatly by the risk and complications of colon cancer. Dr. Berger, Dr. Jaklic, and the anesthetist will answer any further questions you may have regarding your procedure prior to the procedure. If you have any immediate questions regarding the risks of the procedure, please be sure to ask our staff.

COVID-19 TEST REQUIREMENTS FOR YOUR APPOINTMENT

Unvaccinated patients being seen at the hospital for an outpatient procedure are required to take and pass a COVID-19 test 48 hours prior to their procedure.

Fully vaccinated patients are exempt from COVID-19 testing and MUST present their vaccine card at the time of check in.

Please arrive at Sentara Virginia Beach General Hospital between the hours of 8:00am – 12:00pm two days prior to your procedure. Check-in at the patient registration desk and let them know that you are here for a COVID Screening Test.

The test will already be ordered for you and the lab will be expecting you. If you have any questions or concerns, please call us at (757) 412-4919 or email us at manager@chcponline.com.

Thank you for your cooperation and understanding!

DIRECTIONS TO SENTARA VIRGINIA BEACH GENERAL HOSPITAL

Address:

1060 First Colonial Road
Virginia Beach, VA 23454

Phone #: (757) 395-8000

Directions:

From Our Office

Turn right onto First Colonial Road. Continue straight for 0.5 miles. Turn left at 1st General Pkwy.

From North Suffolk/Smithfield

Follow Route 17 toward Chesapeake. Continue on Route 17 and pick-up I-464.

Stay on I-64 West to I-264 toward Virginia Beach. Follow I-264 approximately 15 miles to First Colonial Road.

Take the second First Colonial Road Exit 21-B and follow across Laskin Road. Go approximately 3 miles. Sentara Virginia Beach General Hospital is on the right.

From Hampton/Newport News/Williamsburg

Take I-64 East through Hampton Roads Bridge-Tunnel.

Continue on I-64 East and take I-264 toward Virginia Beach.

Follow I-264 approximately 15 miles to First Colonial Road.

Take the second First Colonial Road Exit 21-B and follow across Laskin Road. Go approximately 3 miles. Sentara Virginia Beach General Hospital is on the right.

INSTRUCTIONS FOR WHERE TO CHECK-IN UPON ARRIVAL

1. Park in general or visitor's parking.
2. Continue to the main entrance and go up to the receptionist's desk.
3. Let the receptionist know that you are here for an appointment at the Endoscopy Suite.
4. Make sure that you have your ID, insurance cards, and proof of vaccination status (if applicable) with you and that you arrive one (1) hour prior to your appointment time.