

## Instructions for Outpatient Colonoscopy

Your provider has placed an order for you to have a colonoscopy (examination of your colon with a flexible lighted tube). The **bowel prep is the MOST important factor** in ensuring an accurate and complete exam during your colonoscopy. Small polyps can be missed if they are covered with retained stool. In order to ensure the best results from your colonoscopy, please **ignore the manufacturer's instructions** and **follow the instructions on the back of this page** for your preparation.

### PRE-PROCEDURE CHECKLIST:

- **Three (3) business days after your consultation appointment**, you will be contacted by a Care Coordinator to go over insurance benefits, determine a procedure date and go over preparation instructions. In the event an out-of-pocket expense is determined for the facility fee, according to your insurance benefits, this portion **MUST** be collected prior to being placed on the procedure schedule.
- **Financial Information:** You may receive several statements from this procedure. The following fees are associated with a colonoscopy: a physician's fee, a facility fee (supplies and nursing care), an anesthesia fee and pathology fee (if tissue is removed). As a courtesy our office will verify benefits and attempt to obtain required prior authorizations. It is your responsibility to know if your specific insurance plan requires a prior-authorization for this procedure.
- **After being placed on the procedure schedule**, please arrange to pick up your prescribed preparation kit at the pharmacy you provided to our office. Preparation kits are electronically prescribed the day of your consultation and may be placed back if not picked up in a timely manner.
- **You MUST arrange for an adult representative for the day of your exam.** Your representative **MUST** be 18 or older, able to remain at the facility until discharge, make medical decisions regarding your care, must be able to speak with a physician, receive your procedure diagnosis after the exam, understand your post procedure instructions and drive you home, as you will be groggy from sedation.
- **If you need to cancel or reschedule your appointment**, please contact a Care Coordinator at **least two business days** prior to your procedure to avoid a late cancellation or no show fee of \$100.00.
- **Seven (7) days prior to your procedure date** you will need to discontinue the use of medication(s) listed in the "Important Information Brochure," unless otherwise instructed. Before discontinuing any medications you should check with your prescribing physician. You will also need to **discontinue the consumption of any seed like material (popcorn, sunflower seeds, etc.)**.



**STOP AND READ:** Please read the preparation instruction on the back of this page. **DO NOT FOLLOW THE MANUFACTURER'S INSTRUCTIONS.**

Failure to accurately and completely prepare for your exam may result in the need for an additional procedure and both will be billed to your insurance.

### The day before your procedure:

You may only have **CLEAR LIQUIDS** the entire day before your procedure. **NO SOLID FOODS** should be eaten during the entire day. **You may only have the following:** Chicken broth, beef broth, yellow or green Jell-O, clear grape juice, non-pulpy apple juice, black coffee, tea, yellow or green popsicles, Sprite and ginger ale. **AVOID** liquids that are **RED** or **PURPLE** in color. No chewing gum, mints, milk or creamers, tobacco products, or alcoholic beverages.

**If you are a smoker, please refrain from smoking the day of your procedure.** Includes: e-cigarettes, cigars, pipe, cigarettes, and marijuana

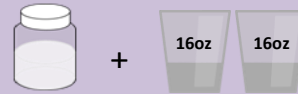


**DO NOT FOLLOW THE MANUFACTURER'S INSTRUCTIONS. FOLLOW THE BELOW INSTRUCTIONS ON THIS SHEET.**

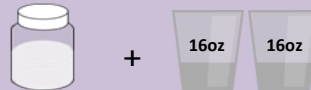
**SUPREP**

**The evening before your colonoscopy**

- 6:00pm:** Pour ONE (1) 6oz bottle of SUPREP liquid into the mixing container.  
Add plain water to the 16oz line on the container and mix.  
Drink **ALL** the liquid in the container.
  
- Follow** with **TWO (2)** 16oz cups of plain water,  
for a total of 32oz, over the next **ONE (1)** hour.



- 10:00pm:** Pour the second 6oz bottle of SUPREP liquid into the mixing container.  
Add plain water to the 16oz line on the container and mix.  
Drink **ALL** liquid in the container.
  
- Follow** with **TWO (2)** 16oz cups of plain water,  
for a total of 32oz, over the next **ONE (1)** hour.



**General Instructions:**

It is advised to wear comfortable clothing and leave valuables at home. The procedure center will not be responsible for any lost items (including eyeglasses and dentures).

Medications should be **discontinued from 12:00am the day of your appointment** until the conclusion of your procedure, unless otherwise instructed by your provider. Please check with your prescribing provider prior to the discontinuation of any medication.

**ABSOLUTELY NOTHING BY MOUTH FOUR (4) HOURS PRIOR TO YOUR PROCEDURE TIME**

*Thank you for choosing Gastroenterology Associates of Gainesville, P.C.*