

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.**

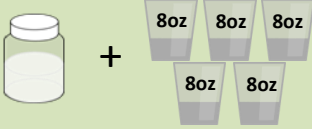
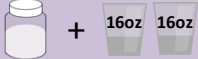
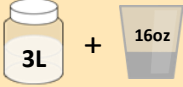
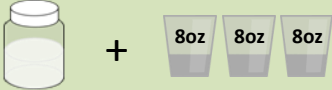
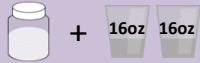
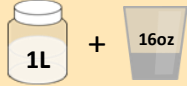
Failure to accurately and completely prepare for your exam may result in the need for an additional procedure and both will be billed to your insurance.

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, 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.

<input type="checkbox"/> CLENPIQ The evening before your colonoscopy	<input type="checkbox"/> SUPREP The evening before your colonoscopy	<input type="checkbox"/> TRILYTE The evening before your colonoscopy	<input type="checkbox"/> PLENVU The evening before your colonoscopy
<p><input type="checkbox"/> 6:00pm: Drink ONE (1) bottle of CLENPIQ directly from the bottle. The entire bottle must be completed.</p> <p><input type="checkbox"/> Follow with FIVE (5) cups (8oz each) of plain water within the next FIVE (5) hours.</p> 	<p><input type="checkbox"/> 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.</p> <p><input type="checkbox"/> Follow with TWO (2) 16oz cups of plain water, for a total of 32oz, over the next ONE (1) hour.</p> 	<p><input type="checkbox"/> Prepare the TriLyte solution in the morning as directed on the box, then refrigerate.</p> <p><input type="checkbox"/> 6:00pm: Drink ONE (1) 8oz glass of TriLyte every 15 minutes until the first THREE (3) liters are complete.</p> <p><input type="checkbox"/> Follow with ONE (1) 16oz glass of plain water.</p> 	<p><input type="checkbox"/> 6:00pm: Use the mixing container to mix the contents of the Dose 1 pouch with at least 16oz of water by shaking or using a spoon until it's completely dissolved. This may take 2 to 3 minutes. Take your time—slowly finish the dose within 30 minutes.</p> <p><input type="checkbox"/> Refill the container with at least 16 oz of plain water. Take your time—slowly finish all of it within 30 minutes.</p> <p><input type="checkbox"/> ONE (1) hour after the second glass, refill the container with at least 16 oz of plain water. Take your time—slowly finish all of it within 30 minutes.</p>
<p>The morning of your colonoscopy: SIX (6) hours prior to your procedure</p>	<p>The morning of your colonoscopy: SIX (6) hours prior to your procedure</p>	<p>The morning of your colonoscopy: SIX (6) hours prior to your procedure</p>	<p>The morning of your colonoscopy: SIX (6) hours prior to your procedure</p>
<p><input type="checkbox"/> Drink the second bottle of CLENPIQ directly from the bottle. The entire bottle must be completed.</p> <p><input type="checkbox"/> Follow with at least THREE (3) cups (8oz each) of plain water within the next TWO (2) hours.</p> 	<p><input type="checkbox"/> 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.</p> <p><input type="checkbox"/> Follow with TWO (2) 16oz cups of plain water, for a total of 32oz, over the next ONE (1) hour.</p> 	<p><input type="checkbox"/> Drink ONE (1) 8oz glass of TriLyte every 15 minutes until the remaining ONE (1) liter is complete.</p> <p><input type="checkbox"/> Follow with ONE (1) 16oz glass of plain water</p> 	<p><input type="checkbox"/> Use the mixing container to mix the contents of Dose 2 (Pouch A & B) with at least 16oz of plain water. Repeat mixing instructions from prior day. Complete the dose within 30 minutes.</p> <p><input type="checkbox"/> Refill the container with 16oz of plain water. Take your time—slowly finish all of it within 30 minutes.</p> <p><input type="checkbox"/> Thirty (30) minutes after the second glass, refill the container with 16oz of plain water. Take your time—slowly finish all of it within 30 minutes.</p>
<p>General Instructions:</p> <ul style="list-style-type: none"> • The morning of your procedure, you may take blood pressure, heart, or seizure medication(s) with a small sip of plain water FOUR (4) hours prior to your procedure time, unless otherwise instructed. • 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). 			

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

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