



PLEASE READ ENTIRE PACKET ONE WEEK PRIOR TO YOUR PROCEDURE

**FAILURE TO FOLLOW THESE INSTRUCTIONS WILL DELAY OR
RESULT IN THE CANCELLATION OF YOUR PROCEDURE.**

Your colonoscopy is scheduled with a procedure time of 10:30am.

If your procedure is a one of the following locations your arrival time is 9:30am.

Greenville Endoscopy Center – Halton

Greenville Endoscopy Center – St. Francis

Clemson Endoscopy Center

If your procedure is at a Bon Secours St. Francis Hospital, Pelham Medical Center, Prisma Hospital or Hillcrest Hospital you will receive a phone call from staff informing you of your arrival time.

*****PLEASE CALL 864-232-7338 TO CANCEL OR RESCHEDULE 5 BUSINESS DAYS PRIOR TO YOUR PROCEDURE TO AVOID A \$250 LATE CANCELLATION OR MISSED PROCEDURE CHARGE*****

AN ADULT DRIVER (AGE 18 OR OLDER) MUST ACCOMPANY YOU. YOUR DRIVER MUST REMAIN IN THE FACILITY OR YOUR PROCEDURE MAY BE RESCHEDULED.

THREE (3) DAYS PRIOR TO YOUR PROCEDURE AVOID SEEDS, NUTS, CORN AND POPCORN.

MEDICATION INSTRUCTIONS

Day before your procedure (Prep Day): You may continue all daily medications, including aspirin. DO NOT STOP ASPIRIN. However, take only a half dose of your diabetic medication (pill or insulin).

Day of your procedure: Take your aspirin, blood pressure, heart (except blood thinners), thyroid, or seizure medications with a small amount of water. Hold all other medications until after your procedure. **DO NOT take your diabetic medication (pill or insulin) in the morning.**

If you have asthma or other lung conditions, please bring your **inhalers** with you to your procedure. If you are **insulin dependent**, please bring it with you.

Diet medications (Adipex, Lomaira, Qsymia, phentermine, etc.) **must be stopped one week before your procedure.**

Prep Instructions:

1. Purchase one 238 gram bottle of Miralax. (Over the counter)
 2. Purchase 4 Dulcolax Laxative tablets. (Over the counter)
 3. Purchase one 64 ounce bottle of Gatorade. (NO red, blue or purple)
 4. Follow the directions below.
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Prep Day (_____) CLEAR LIQUID DIET ALL DAY (NO SOLID FOOD)

At 6:00pm, take 4 Dulcolax tablets with 8 ounces of a clear liquid.

At 7:00pm, mix ALL of the Miralax with 64 ounces of Gatorade. Drink 8 ounces every 30 minutes for a total of 4 doses.

Procedure Day (_____) NO SOLID FOODS UNTIL AFTER YOUR PROCEDURE

At 4:30am, drink 8 ounces of the remaining solution every 30 minutes for a total of 4 doses.

YOU MAY HAVE A CLEAR LIQUID DIET UNTIL 6:30am. NOTHING AFTER THIS TIME, INCLUDING WATER, CHEWING GUM AND HARD CANDY.

Food and drink taken before anesthesia can cause problems such as choking or vomiting. When sedated your body's normal protective airway reflexes are impaired. Having food or liquids in your stomach of any amount greatly increases the chance of serious consequences.

CLEAR LIQUID DIET CHOICES: (NO RED, BLUE OR PURPLE LIQUIDS, AND NO DAIRY PRODUCTS)

Soups: Bouillon (NO broth)

Desserts: Jell-O, Popsicles (no red, blue or purple)

Beverages: Coffee (Black, or with sugar only-no dairy or artificial creamers), tea, apple juice, white grape juice. Carbonated beverages: Coke, Pepsi, 7-Up, Sprite, Ginger Ale, Gatorade

Dizziness and headache could be signs of low blood sugar. Drinking a regular carbonated beverage (not diet) or apple juice may alleviate these symptoms.

Frequently Asked Questions

- 1. What if I start to feel nauseated or start vomiting?** Wait 15-30 minutes before continuing prep then start back slowly. You may also take a Benadryl to help control nausea.
- 2. I am taking the prep and already have loose, watery stools; do I still need the rest of the prep?** Yes, you may have solid stool higher in the colon that needs to be eliminated.
- 3. I already have diarrhea before taking the prep, do I still have to take the laxative?** Yes, you must take the prep as directed by your doctor. Your colon is approximately 6 feet long. The entire colon must be emptied for your physician to see the colon clearly.
- 4. One of the medications I was instructed to take the morning of my procedure is red. Can I take it?** Medication for blood pressure, thyroid, heart conditions, and seizure should be taken the morning of your procedure regardless of color.
- 5. Can I have the colonoscopy done if I am having my menstrual period?** Yes, the procedure can still be performed. We ask that you use a tampon if possible (not absolutely necessary).
- 6. Is there any way that I can make this taste any better?** You can try sucking on hard candy, nothing with soft center or red, blue or purple in color. You can rinse your mouth with water or a mouthwash. Do not eat or drink anything other than approved liquids while you are drinking this solution.
- 7. My bottom is so sore. What can I do?** To clean the area, avoid rubbing. Gently pat with a wet washcloth. Apply Vaseline, Preparation H, or Destin liberally.
- 8. I see yellow color in the toilet bowl and a few flecks, what do I do?** If your last bowel movements were clear enough that you were able to see the bottom of the toilet you should be fine. It is ok if you have some flecks of material. The yellow color is a result of bile that normally colors the feces. This shouldn't interfere with the examination.
- 9. What if I am still passing stool the morning of my test?** Take a tap water enema until you run clear. If this does not work, call the office.
- 10. I am a diabetic. Is it okay to drink Gatorade?** Yes, however, you may substitute with Gatorade G2 or PowerAde Zero.

Please visit our website at www.gastroassociates.com for answers to additional FAQ.

Procedure Financial/Billing Information:

You are scheduled for an endoscopy procedure. Some preventative services are covered at no cost to the patient. Guidelines determine what is a screening/preventative service. You may incur out of pocket costs if you have current GI symptoms, history of GI disease or personal/family history of colon polyps or colon cancer, etc. We recommend calling your insurance company to verify coverage and benefits.

To help plan for the expense of your procedure, we may contact you with an estimate of your costs. This amount is expected to be paid before the procedure. In some cases we will do a payment plan. After insurance processes, you may receive bills for:

- **Physician Fee:** From Gastroenterology Associates
- **Anesthesia Fee:** From Gastroenterology Associates if performed at Greenville Endoscopy Center or Clemson Endoscopy Center
- **Facility Fee:** From Greenville Endoscopy Center if performed at Greenville Endoscopy or Clemson Endoscopy Center
- **Pathology Fee:** If you have a biopsy or polyp removed you may get a bill from the lab or pathologist. Greenville Endoscopy and Clemson Endoscopy sends these to Pathology Consultants or Upstate Pathology. The bill will come from one of those two companies.

If your insurance changes, please call our office to provide that information. Some insurances require prior authorization. If you have questions, please call our Billing Dept at 864-451-5095. You may submit billing questions on our Patient Portal. Select *Billing Question* once signed in. If you need to cancel or reschedule your procedure, please inform us **no later than five (5) business days** before your appointment to avoid a \$250 late cancellation or no-show fee.

Patient Portal Enrollment:

SCAN the QR Code below OR visit gastroassociates.com to ENROLL NOW!



For New Results: You will receive an email notice that new results are ready for your review. You will log into your Portal account to get those results.

To Ask Questions, Request an Appointment or Request Copies of Previous Records: You will log into your Portal account and request those services.

**Please note: Enroll in our Patient Portal soon. Results can't be sent automatically until you have created your portal account. If we have your email address, you will receive an email with the link to the enrollment site.

