



## Day of the Procedure

A complete bowel preparation is an essential part of a high-quality colonoscopy because an optimal colonic cleansing allows the physician to clearly view the entire colonic mucosa and to identify any polyps or other lesions. Therefore, it is imperative that you complete the entire prep, including the last dose. While colon preps are never fun, we have made our prep as simple and effective as possible to ensure a high quality exam.

If you are having trouble completing your prep, please call the physician on call at 1-877-998-6489.

### The Day of Your Procedure:

- If you take medications for heart disease and/or high blood pressure medications in the morning, please take early on the day of your test with a small sip of water.
- Begin drinking the remaining 1 liter of Colyte, 4-6 hours prior to your arrival time. Consume the remaining liter within 1 hour.
- **DO NOT** eat or drink anything else or chew gum or tobacco prior to your procedure.

### Additional Instructions:

- A responsible adult must be with you to drive you home and remain at the Mercy Endoscopy Center for the duration of your stay. You will be given sedation before your examination. You will **NOT** be allowed to leave unaccompanied. You **cannot** take a cab.
- No working or driving the remainder of the day.
- Do not take oral or injectable diabetic medication the day of your procedure.
- Women between the ages of 12-55 will be required to give a urine sample upon arrival.
- Wear comfortable clothing.
- Remove jewelry, watches, piercing and avoid applying lotion on the day of your procedure.
- Bring insurance and prescription cards, driver's license and a list of your medications.

If you have to **Cancel** your procedure, please call the Mercy Endoscopy Center – Lake Saint Louis and leave a detailed message at **636-561-5450**.

Thank you for choosing Mercy for your health care needs and we look forward to providing you with our excellent service.