



Outpatient Colonoscopy Instructions using Golytely

IT IS VERY IMPORTANT THAT YOU READ THROUGH THESE INSTRUCTIONS COMPLETELY. FAILURE TO PROPERLY PREPARE FOR YOUR PROCEDURE COULD RESULT IN CANCELLATION.

FOLLOW THESE INSTRUCTIONS ONLY. DO NOT FOLLOW ANY OTHER INSTRUCTIONS THAT COME WITH THE BOWEL PREP KIT, IF APPLICABLE. YOUR DOCTOR HAS APPROVED THESE DIRECTIONS AND IS PLANNING YOUR PROCEDURE BASED ON THE INSTRUCTIONS LISTED BELOW.

Your colonoscopy procedure has been scheduled for _____ with Dr. _____.
Your arrival time at Mercy Physicians Plaza / Mercy Hospital is _____ a.m. / p.m.
Please call 888-423-7506 with any new insurance information or updates on your demographic information.
This will help to expedite your visit upon arrival.

The Week Prior to Your Procedure

Seven days before your procedure, stop taking any of the following medications: All over the counter supplements (vitamins, minerals, herbal supplements), Phentermine.

If you are on any of the following medications, please contact the clinic nurse immediately for further instructions: Aleve, Advil, Motrin, NSAIDS or other blood thinner such as Coumadin, Plavix, Pletal, Effient, Warfarin, and/or any other brand or generic form of anticoagulant medication.

The Day Before Your Procedure

When you wake up the day prior to your procedure, begin a clear liquid diet. This includes Popsicles, Gatorade, Jello, black coffee or tea (no milk or creamer), soda, beef or chicken broth, white grape juice, apple juice, Crystal Light, and water.

No **RED, ORANGE** and **PURPLE** colored liquids. **NO SOLID FOODS. NO ALCOHOL, NO DAIRY PRODUCTS.**

Bowel preparation instructions:

1. Follow Mercy instructions only, not those on the bottle.
2. On the day before your procedure, mix the gallon jug with water to the fill line. Place in the refrigerator.
3. Clear liquids the ENTIRE day before your exam (**NO SOLID FOOD**).
4. At 5:00 p.m. the evening before your procedure drink an 8 ounce glass of solution every 15 minutes until 1/2 of the container is consumed. You may have clear liquids after the first half.
5. Have nothing by mouth after midnight the night before your procedure, except for the remaining prep.
6. Four hours before your departure time from home, drink an 8 ounce glass of solution every 15 minutes until the remaining 1/2 of the container is consumed. You must have the drink completed at least 2 hours prior to your arrival.
7. Failure to drink the entire bottle may result in the doctor not being able to perform your procedure.

NOTE FOR PATIENTS WITH DIABETES: Take 1/2 of your normal diabetic doses the night before your procedure as you will not have anything by mouth the following morning.

*****DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT EXCEPT THE REMAINING PREP*****

The Day of the Procedure

DO NOT EAT OR DRINK ANYTHING UNTIL AFTER THE PROCEDURE.

This includes candy, mints, gum and tobacco. Please take Blood Pressure, heart and/or seizure medication with a sip of water at least 2 hours before arrival time. **HOLD** all other medicines.

SOMEONE WILL NEED TO ACCOMPANY YOU TO THE ENDOSCOPY CENTER. Please allow 2 ½ to 3 hours from arrival to discharge. We prefer the driver to stay in the Endoscopy Center while you are here. Please call our office if you are unable to accommodate this request. 479-338-3030. You will not be able to drive until the day after the procedure. You will not be allowed to leave the Hospital without a driver.

- Please wear loose fitting, comfortable clothing.
- To reduce wait time, please have your insurance cards and photo ID available at check in.
- For your security, please leave all valuable items at home, including jewelry.
- Before your procedure, your gastroenterologist will answer any questions or concerns you may have about your procedure.
- Due to space limitations and privacy regulations, only one family member or friend may accompany you to the preparation area and / or the recovery area.
- Coffee is provided in the endoscopy reception area or the surgery waiting room for family and friends.
- Restrooms and vending areas are available.

After the Procedure

The physician will discuss your results with you and / or your designated driver. Also, a written report will be provided for you to take home.

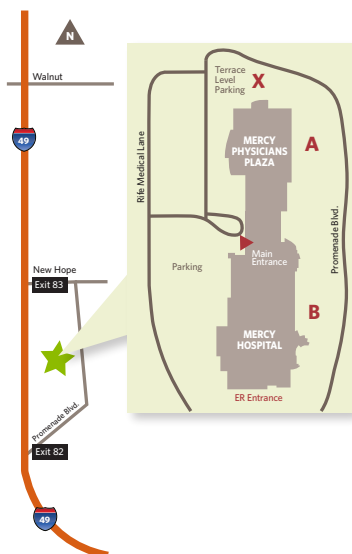
- It is completely normal for you to still feel groggy when you are discharged.
- You may eat a light meal. Resting comfortably at home can best help you regain your strength and recover.
- If a biopsy is taken during the procedure, you will be notified of the results by mail or phone within 2 weeks.

Please report any fever greater than 101, excessive bleeding, or abdominal pain to the doctor immediately.

Billing for Specialty Services

- Once the insurance has been filed, if there is a balance due by the patient, you will receive a statement from the physician and Mercy Hospital.
- If any polyps are removed and/or biopsies are taken, you will receive a statement from the pathology group.
- You will also receive a statement from the anesthesia group. You may reach the anesthesia billing office at 800-288-4901.

Mercy does offer payment options. Feel free to call our billing office at 855-420-7900.



A. Mercy Physicians Plaza
2708 Rife Medical Lane, Rogers 3rd Floor, Suite 330
Enter through the Terrace Entrance.

B. Mercy Hospital
2710 Rife Medical Lane, Rogers AR
Enter through the Main Hospital Entrance and
proceed to the 2nd floor.

Please call the circled number below with any questions or concerns that you have with ANY of the information in your instructions.

479-770-8090 479-338-3030