

Thank you for choosing **Louisville Endoscopy Center!** Our gastroenterologists and staff are dedicated to providing quality, affordable care to the community in our quest to lower colon cancer rates and treat an array of digestive diseases. Appointment times are tentative based on the Physician's schedule. Cancellations must be made 48 hours **in advance**, or a cancellation fee of \$150 may be applied. For more information visit our website at [www.louisvilleendoscopycenter.com](http://www.louisvilleendoscopycenter.com).

### **BILLING & INSURANCE:**

At the time of your visit you will need to provide us with your insurance information. Your insurance coverage is an agreement between you and your insurance company. It is your duty to confirm your medical benefits and coverage with your insurance company prior to your procedure. Deductibles, co-insurance, and non-covered services are your financial responsibility and will be collected at this time. The Louisville Endoscopy Center does not perform billing services. Those services are provided by Gastroenterology Health Partners and Amsurg. You may receive separate bills for the physician, the anesthesia, the facility, and pathology if specimens are taken during your procedure.

### **HOW TO PREPARE FOR A COLONOSCOPY**

#### **14 DAYS BEFORE THE PROCEDURE:**

1. Notify us if you take any **prescription or Over-the-Counter diet pills**. Examples include, but are not limited to *Phentermine, Adipex-P, Ionamin, and Pro-Fast*.

#### **10 DAYS BEFORE THE PROCEDURE:**

1. A prescription for bowel prep is **electronically sent to your pharmacy**.

#### **7 DAYS BEFORE THE PROCEDURE:**

1. Pick up the prescription for bowel prep from your pharmacy.
2. **Purchase Over-the-Counter: Two 10oz. bottles Magnesium Citrate- get the clear ones-OR- a bottle containing at least 8 Dulcolax pills..**
3. Notify us if you take any **anticoagulants, blood thinners, or iron supplements. DO NOT STOP TAKING YOUR MEDICATION WITHOUT TALKING TO YOUR DOCTOR**. Examples include, but are not limited to *Aggrenox, Apixaban, Arixtra, Brilinta, Cilostazol, Clopidogrel, Coumadin, Dabigatran etexilate, Effient, Eliquis, Enoxaparin, Fondaparinux, Heparin, Lovenox, Plavix, Pletal, Pradaxa, Prasugrel, Rivaroxaban, Ticagrelor, Warfarin, Xarelto*

4. Notify us if you have a defibrillator or AICD.
5. Notify us if you have any communicable disease, staph infection, COVID, MRSA, VRE, TB, or shingles.

## **2 DAYS BEFORE THE PROCEDURE:**

1. Eat a light breakfast **before 10:00a.m.** Choose 2: 1 fried or boiled egg, 1 piece of bread or toast, or a ½ cup of rice
2. **After 10:00 a.m.** No solid food. Clear Liquid Diet only. Nothing red or purple, no dairy or milk, nothing with pulp. You may have water, broth, apple or white grape juice, Crystal Light, Gatorade, PowerAde, Kool-Aid, lemonade, black coffee, Jell-O (without fruit), popsicles or Italian ice (without fruit), soft drinks, or tea. \*Please not caffeinated beverages can lead to worsening dehydration.
3. **4:00 p.m. two days before the procedure:**
  - a. Drink one entire 10oz. bottle of Magnesium Citrate **-OR-** Take 4 Dulcolax pills with at least 10 ounces of clear liquid.

## **1 DAY BEFORE THE PROCEDURE:**

1. No solid food. Clear Liquid Diet only.
2. **4:00 p.m. the day before the procedure:**
  - a. Follow the attached instructions for Gavilyte Bowel Prep
3. No “energy” drinks, alcohol, marijuana, or illicit drugs within 24 hours of the procedure.
4. **If you take medication for diabetes- only take half the day before your colonoscopy.**

## **DAY OF THE PROCEDURE:**

1. No solid food.
2. Clear Liquid Diet **until 3 hours before your scheduled ARRIVAL time.** After this- nothing by mouth. No gum, mints, or candy. Procedures will be postponed/canceled if you eat or drink within 3 hours of scheduled ARRIVAL time.
3. Take regularly prescribed medication, unless otherwise instructed. Medications may be taken **3 hours before your scheduled ARRIVAL time** with a sip of water.
4. **DO NOT TAKE medication for diabetes. Bring them with you.**
5. Use any *inhalers* the day of your procedure. Bring them with you.
6. **DO NOT TAKE stimulant medications for ADD/ADHD.**
7. **Arrange for someone 18 years of age or older to drive you who will remain on the premises while you are at the Center. The lingering effects of sedation make it unsafe for you to drive, operate machinery, make critical decisions, or do activities that require coordination or balance the day of**

**your procedure. You may resume normal activity the next day. Public/commercial/medical transportation may be used if accompanied by a responsible adult who will be staying with you. The trusted individual escorting you will also be asked to sign medical discharge papers.**

8. Bring your insurance card, photo ID, list of current medications, and Living Will/Advanced Directive.
9. Wear a mask, a short sleeve shirt, socks and bring a change of undergarments.
10. Women of childbearing age may be required to take a pregnancy test. Refusal will result in cancellation.

### **BOWEL CLEANSING / BOWEL PREP INSTRUCTIONS**

**Only follow the bowel prep instructions in this packet. \*DO NOT follow the instructions from the pharmacy or in the box of bowel prep.** You may experience preparation-related symptoms of nausea, bloating, or cramping. **Contact your physician if you develop significant vomiting or signs of dehydration.** Stools should be see-through and look like clear, yellow urine by the end of the prep. **Contact your physician if stools are not clear-yellow following the entire bowel prep.** To reach someone at the Center call **502-636-2003**. To speak with the on-call physician call **502-452-9567**.

#### **BOWEL PREP #4: NuLytely, Trilyte, Golytely, Gavilyte +1 bottle of Magnesium Citrate**

##### **1. 4:00 p.m. the evening before the procedure:**

- a. Drink entire 10oz. bottle of Magnesium Citrate – **OR** – Take 4 Dulcolax pills with at least 10 ounces of clear liquid..

##### **2. 5:00 p.m. the evening before the procedure:**

- a. Add water or clear liquid to the container (with or without flavor packet) to the fill line.
- b. Add cap and shake.
- c. Drink 8oz. of the mixture every 15 minutes until you consume 2 liters = ½ of the container.
- d. Continue to consume only clear liquids.

##### **3. 6 hours before your scheduled ARRIVAL time**

- a. Drink 8oz. of the mixture every 15 minutes until you consume the remaining 2 liters.
- b. Continue to consume only clear liquids.
- c. **NOTHING BY MOUTH- 3 HOURS BEFORE YOUR SCHEDULED ARRIVAL TIME.**

**Louisville Endoscopy Center:**

1400 Poplar Level Road

Louisville, KY. 40217

**Phone:** 502-636-2003

**Fax:** 502-636-4032

**Scheduling:** 502-259-0029



**Amsurg Facility Billing:**

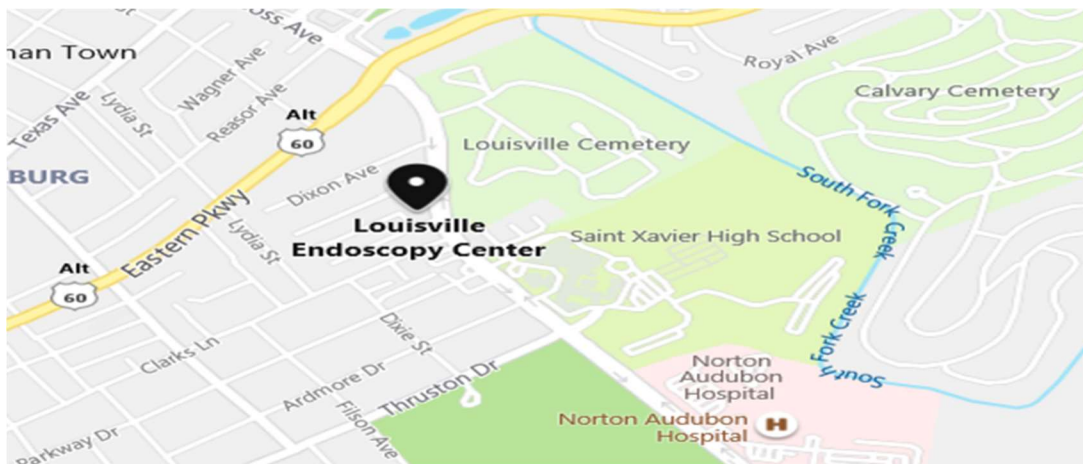
855-213-1078

**GHP Physician & Pathology Billing:**

812-206-7093

**Amsurg Anesthesia Services:**

855-451-6887



**From I-264 Watterson Expressway**

Exit 14, north Poplar Level Rd-toward Louisville Zoo

Travel 2.1 miles- you will pass by Audubon Hospital

Louisville Endoscopy Center on left- next to Republic Bank

Turn left, Eigelbach Ave. to access the parking lot

**From I-65:**

Exit 133A, head on the ramp and follow signs Eastern Parkway- you will pass by White Castle

Turn right, Poplar Level Rd

Turn right, Eigelbach Ave. to access the parking lot