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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, please provide your insurance card. It is your responsibility 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 on the date of your scheduled procedure. The Louisville Endoscopy Center does not perform billing services. Our billing services are provided by Gastroenterology Health Partners (Physician & Pathology services) and Amsurg (Anesthesia & Facility services).

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

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

1. Notify us if you take any **prescription/Over-the-Counter diet pills or GLP-1 drugs**. Examples include, but are not limited to *Adipex-P, Ionamin, Phentermine, Pro-Fast, Albiglutide, Beinaglutide, Bydureon BCise, Byetta, Dulaglutide, Exenatide, Fulaimei, Liraglutide, Lixisenatide, Lixumia, Mounjaro, Ozempic, PEG-Loxenatide, Rybelsus, Saxenda, Semaglutide, Tanzeum, Tirzepatide, Trulicity, Victoza, or Wegovy*.

#### **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. If you're taking Bowel Prep #5 or Bowel Prep #6, you will also need to purchase a clear, 10 ounce bottle of magnesium citrate **-OR-** at least 4 Dulcolax stool softeners.
2. Notify us if you have a history of chronic constipation.

3. Notify us **as soon as possible** 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, Entresto, Fondaparinux, Heparin, Lovenox, Plavix, Pletal, Pradaxa, Prasugrel, Rivaroxaban, Sacubitril-Valsartan, Ticagrelor, Warfarin, Xarelto.*
4. Notify us if you have a defibrillator, AICD, or any upcoming cardiac/diagnostic testing that has not been completed or that you have not received results for yet.
5. Notify us if you have any communicable disease, staph infection, MRSA, VRE, TB, shingles, or any signs/symptoms of Covid-19.

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

1. Clear Liquid Diet only. Nothing red or purple, no dairy or milk, nothing with pulp. You may have bowel prep, 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 note caffeinated beverages can lead to worsening dehydration.
2. No “energy” drinks, alcohol, marijuana, or illicit drugs within 24 hours of the procedure.
3. **If you take medication for diabetes- only take half the day before your colonoscopy (\*\*This does NOT include GLP-1 Agonists).**

### **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, cigarettes, 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. Bring your insurance card, photo ID, list of current medications, and Living Will/Advanced Directive.

8. **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 you are 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.**
9. Women of childbearing age may be required to take a pregnancy test. Refusal may result in cancellation.

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

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 during normal business hours (7:00 am – 4:30pm), call **502-636-2003**. To speak with the on-call physician, call **502-452-9567**.

### **5 BOWEL CLEANSING PREPARATIONS**

Your physician will choose **ONE** of the following based on your specific needs:

#### **BOWEL PREP #1: Suprep (Generic: Sodium-Potassium-Mag sulfates)(Coupon on GoodRx)**

##### **1. 5:00 p.m. the evening before the procedure:**

- a. Pour (1) 6oz. bottle of Suprep liquid into the mixing container.
- b. Add cool drinking water to the 16oz. line on the container and mix.
- c. Drink all the liquid in the container over 15 minutes (If you begin to feel nauseated, please drink the prep more slowly).
- d. Drink 32oz. of water over the next 1 hour.
- e. Continue to consume **only clear liquids**.

##### **2. 6 hours before your scheduled ARRIVAL time:**

- a. Repeat all of the steps above. (a. – e.)
- b. **NOTHING BY MOUTH- 3 HOURS BEFORE YOUR SCHEDULED ARRIVAL TIME.**

**BOWEL PREP #2: Plenvu (Coupon: [copaysavingsprogram.com](http://copaysavingsprogram.com)) (Medicare Coupon: [Plenvupartdcopaysavingsprogram.com](http://Plenvupartdcopaysavingsprogram.com))**

**1. 5:00 p.m. the evening before the procedure:**

- a. Mix the Plenvu pouch labeled Dose 1 with 16oz. of water and mix.
- b. Slowly drink and finish the dose within 30 minutes (If you begin to feel nauseated, please drink the prep more slowly).
- c. Drink 16oz. clear liquid of your choice within 30 minutes.
- d. Continue to consume **only clear liquids**.

**2. 6 hours before your scheduled ARRIVAL time:**

- a. Mix the Plenvu Dose 2 (Pouch A and Pouch B) with 16oz. of water and mix.
- b. Slowly drink and finish the dose within 30 minutes.
- c. Drink 16oz. clear liquid of your choice within 30 minutes.
- d. Continue to consume **only clear liquids**.

**NOTHING BY MOUTH- 3 HOURS BEFORE YOUR SCHEDULED ARRIVAL TIME.**

**BOWEL PREP #3: Suflave (Coupon at [www.suflave.com/savings](http://www.suflave.com/savings))**

**1. 5:00 p.m. the evening before the procedure:**

- a. Pour (1) flavor packet into 1 bottle of Suflave.
- b. Add lukewarm water to the fill line on the container, cap the bottle, & shake until mixed. Refrigerate the bottle for 1 hour prior to drinking.
- c. Drink 8 oz every 15 minutes (If you begin to feel nauseated, please drink the prep more slowly).
- d. Drink 16oz. of water over the next 1 hour.
- e. Continue to consume **only clear liquids**.

**2. 6 hours before your scheduled ARRIVAL time:**

- a. Repeat all of the steps above. (a. – e.)
- b. **NOTHING BY MOUTH- 3 HOURS BEFORE YOUR SCHEDULED ARRIVAL TIME.**

**BOWEL PREP #4: Sutab (Coupon at [www.sutab.com/savings](http://www.sutab.com/savings))**

**1. 5:00 p.m. the evening before the procedure:**

- a. Fill the provided container with 16oz. of water (up to the fill line).
- b. Open 1 bottle of 12 tablets. Swallow each tablet with a sip of water.
- c. Drink the entire amount of water over 15-20 minutes (If you begin to feel nauseated, please drink more slowly).
- c. Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16oz. of water (up to the fill line), and drink the entire amount over 30 minutes.
- d. Approximately 30 minutes after finishing the second container of water, fill the provided container with 16oz. of water (up to the fill line), and drink the entire amount over 30 minutes.
- e. Continue to consume **only clear liquids**.

**2. 6 hours before your scheduled ARRIVAL time:**

- a. Repeat all of the steps above. (a. – f.)
- b. **NOTHING BY MOUTH- 3 HOURS BEFORE YOUR SCHEDULED ARRIVAL TIME.**

**BOWEL PREP #5: Golytely, Gavilyte, PEG 3350 . Also, purchase over the counter: **4 Dulcolax pills -OR- a clear, 10-ounce bottle of magnesium citrate****

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

- a. Take 4 Dulcolax with at least 10oz of water **-OR-** drink a 10-ounce, clear bottle of magnesium citrate.

**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.
- d. Drink 8oz. of the mixture every 15 minutes until you consume 2 liters = ½ of the container (If you begin to feel nauseated, please drink the prep more slowly).
- c. 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.**

**BOWEL PREP #6: Miralax (polyethylene glycol 3350) + 4 Dulcolax pills: Purchase Over-the-Counter: 8.3oz. bottle Miralax (polyethylene glycol 3350), (2) 32oz. bottles Gatorade or PowerAde- not red or purple. Also purchase over the counter: 4 Dulcolax pills **-OR-** a clear, 10-ounce bottle of magnesium citrate**

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

- a. Take 4 Dulcolax with at least 10oz of water **-OR-** drink a 10-ounce, clear bottle of magnesium citrate.
- b. Mix entire 8.3oz. bottle Miralax in 64oz. Gatorade or PowerAde

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

- a. Drink 8oz. Miralax mixture every 15 minutes, until you consume half of the 64oz. mixture (If you begin to feel nauseated, please drink the prep more slowly).
- b. Continue to consume **only clear liquids**.

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

- a. Drink 8oz. Miralax mixture every 15 minutes, until you consume the remaining 32oz.
- 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:**

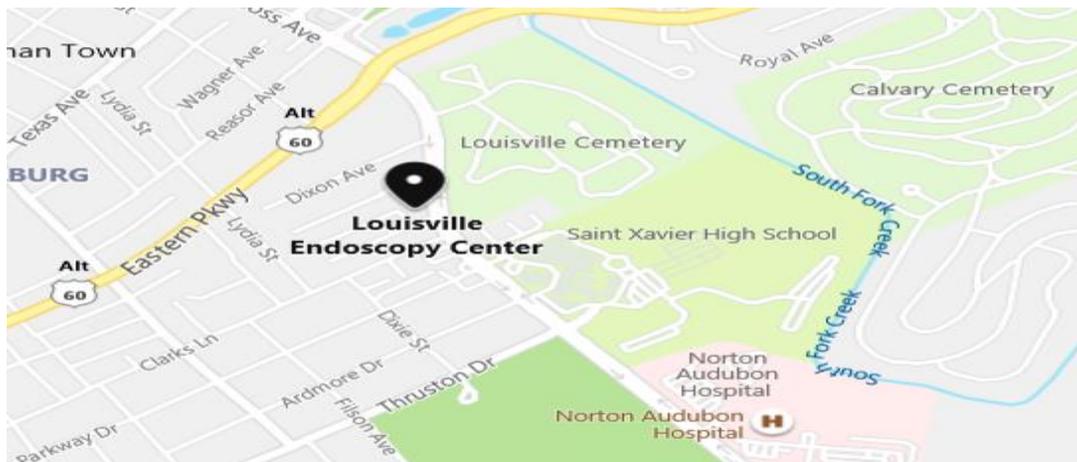
855-213-1078

**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