



GATEWAY GASTROENTEROLOGY

St. Luke's Outpatient Center
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COLONOSCOPY PREPARATION INSTRUCTIONS

Please read this information as soon as you receive it!!

If you have any questions about these instructions or to make a change to your appointment, Please call:
(314) 432-5900 (Office) Press Option 2
(314) 388-6519 (Exchange)

Your procedure is scheduled for _____ at _____

Your procedure is scheduled at **Gateway Endoscopy Center**. Please arrive **1 hour** prior to your scheduled appointment time.

Gateway Endoscopy Center is located in the Walker Medical Building at 12855 North 40 Drive, Suite 150, St. Louis, MO 63141 in the **South Tower**.

For patients coming from the east (traveling west on U.S. 40):

- ▶ Exit U.S. 40 at Mason Road (Exit 24)
- ▶ Immediately upon exiting onto Mason Road, make a quick right onto N. 40 Drive (the frontage road).
- ▶ Go about 1 mile to the Walker Building and turn left into the parking lot. (The building is located between Lutheran Hour Ministries and CBC (Christian Brothers) High School.
- ▶ Enter the doors for the **South Tower**. Take the stairs or the elevator to the first floor. Suite 150 is on the right.

For patients coming from the west (traveling east on U.S. 40):

- ▶ Exit U.S. 40 at Mason Road (Exit 24)
- ▶ Go to the stoplight at Mason Road and make a left.
- ▶ Go across the bridge over U.S. 40 and immediately turn right on N. 40 Drive (the frontage road).
- ▶ Go about 1 mile to the Walker Building and turn left into the parking lot. (The building is located between Lutheran Hour Ministries and CBC (Christian Brothers) High School.
- ▶ Enter the doors for the **South Tower**. Take the stairs or the elevator to the first floor. Suite 150 is on the right.

If you cannot keep your scheduled appointment, please notify us at least **2 business days** before your scheduled time.

Please review the “special circumstances” section of this document carefully to see if you require special instructions or modifications.

BOWEL PREPARATION:

Necessary items:

- ▶ One Container of bowel cleansing solution (Golytely, Colyte, Nulytely, or Trilyte). This prep requires a prescription which has been provided.
- ▶ Four 5 mg. Dulcolax pills. The Dulcolax is available over the counter. Please purchase the laxative formula not the stool softener.

Two days prior:

- ▶ Eat as you would normally, or eat less than normal. Overindulging on food will make it harder to get the colon cleaned out adequately.

The day prior to your procedure:

- ▶ Consume only clear liquids on this day. **No solid food!!** Examples of clear liquids include: water, any kind of soda, Gatorade, coffee, Popsicles, tea, Jell-O, broth, bouillon, and fruit juices that you can see through (apple and grape are OK, orange and tomato are not). You may have all the clear liquids you desire throughout this day and evening. No alcohol allowed. Please note that if you consume red Jell-O, Gatorade or popsicles with your bowel prep that your stool may be red in color. This is nothing to be alarmed about.
- ▶ At noon, take the four 5 mg. Dulcolax pills.
- ▶ At 1 pm start drinking the bowel cleansing solution. Drink a glass of the bowel prep every 15-20 minutes. You need to drink at least half of this – until you are passing yellow to clear liquid without formed stool. If you tend to be constipated, try to drink the entire container. If you are full or nauseated, stop and rest for awhile. Don't push yourself to the point of illness.
- ▶ **DO NOT CONSUME ANYTHING AFTER MIDNIGHT EXCEPT MEDICATIONS UNTIL AFTER YOUR PROCEDURE.**
- ▶ You may take your usual medications with sips of water **both the day before and as early as possible the day of the procedure.**
- ▶ If your bottom is sore, try an ointment such as A&D ointment, Preparation H, or Vaseline to the anal area as needed.

The day of the procedure:

- ▶ Arrive at Gateway Endoscopy Center **1 hour** prior to your scheduled appointment time.
- ▶ **You will need someone to drive you to and from the Endoscopy Center AND wait in the waiting room until the procedure is done. The procedure can't be done unless you have a driver. You will be there for approximately 2 hours from the time you arrive.**
- ▶ We have enclosed a patient information form, a medical history form, medication list and a financial policy. **Please fill these out at home and bring them with you to your appointment along with your insurance cards and drivers license.** If you have any questions, the nurse will go over it with you at the time of your appointment.

- ▶ **All Female Patients:** If you are between the ages of 12-49, you will be required to give a urine specimen unless you have had a Hysterectomy or Tubal Ligation.

SPECIAL INSTRUCTIONS:

Patients with an automatic implantable defibrillator and /or pacemaker: Please call us at least five (5) days before the procedure for instructions.

Coumadin (warfarin): Call your primary care doctor or cardiologist and ask if you can safely stop the Coumadin four (4) days before the procedure. If your doctor tells you that you cannot stop the Coumadin, then please call us immediately to make us aware of this. We will then discuss with you the various options available.

Iron: Stop iron four (4) days before the procedure. Iron can make preparation difficult and result in a poorly cleaned colon

Antibiotics for procedures: Recent publications from both the American Heart Association and American Society for Gastrointestinal Endoscopy state that antibiotics are not necessary for routine endoscopic procedures.

Insulin: Call your primary care doctor at least five (5) days before the procedure and ask for instructions.

Plavix: (clopidogrel) and aspirin: It is not necessary to stop Plavix and aspirin prior to your procedure.

Herbal Medications: It is best to stop any herbal remedies five (5) days before the procedure as many of them can thin the blood and increase the risk of bleeding during the procedure.

ADDITIONAL INFORMATION:

Approximately 3 business days prior to your procedure, you will be receiving an automated phone call from our Phone Tree system reminding you of your appointment. Please listen to this entire message and press the appropriate number for your response regarding your appointment. If you are not at home, Phone Tree will leave a message on your answering machine. Unless you want to cancel or reschedule your appointment, it is not necessary to call the office to confirm. We will assume you are keeping your scheduled appointment unless we hear from you.

We also suggest that you contact your insurance to verify coverage for colonoscopy. Some insurance plans cover colonoscopy for colon cancer screening or routine/preventative care. Other plans only cover colonoscopy if you are having symptoms or they may say it's covered only if "medically necessary". There are many different insurance companies and each individual plan is different. Please let the physician know if your plan covers colonoscopy for colon cancer screening so we can code it properly.

You may visit our website (www.gatewaygi.com) for more detailed information regarding the physician you will be seeing and other services offered.