

COLON PREPARATION INSTRUCTIONS

NULYTELY INSTRUCTIONS

COLONOSCOPY

Patient's Name: _____

Appointment Date: _____ Arrival Time: _____

Location: St Thomas Medical Plaza – STE 309 WEST

ATTENTION: Please read this packet in its entirety prior to prepping for your procedure.

A BROKEN APPOINTMENT IS A LOSS TO EVERYONE. PLEASE GIVE US 48 HOURS NOTICE TO AVOID ADDITIONAL CHARGES AND ALLOW THIS TIME TO BE OFFERED TO SOMEONE ELSE.

If you have had a colon x-ray and the doctor has not seen it, please bring it with you.

Please bring someone with you to the doctor's office the day of the test who will accept responsibility for your care when you are discharged. You will be sedated during this test and will need someone to drive you home. Please bring a responsible adult with you who can stay in the office waiting area during the procedure. Please plan on staying with us 2-4 hours. The person will sit with you after the test, while you are waking up and will help you in remembering what the doctor tells you. **DO NOT** drive or operate machinery until the next day because the medication we gave you will make you sleepy and legally intoxicated.

If you have a Living Will, please bring a copy with you so that it may become a part of your permanent record.

Do not take ANY anti-inflammatory (Motrin/Advil/Aleve, e.g.) or aspirin 7 days prior to your procedure. Use acetaminophen for any pain relief. Call our office if you are taking ANY blood thinners.

You are to be on a CLEAR LIQUID DIET the day prior to your procedure through midnight. After midnight, you are to have nothing to eat or drink (NOT EVEN HARD CANDY OR GUM)! You may have a sip of water to take your morning medications the day of the procedure.

You may want to purchase Alavero flushable wipes or Balneol lotion from Walgreens for your comfort during your preparation.

If you require antibiotics prior to procedures/dental work, call our office to speak with a nurse.

If you are a diabetic on insulin, take only one-half (1/2) of your dose the morning of the test. Please call our office or the doctor who follows you for diabetes if you have any questions.

CLEAR LIQUIDS

WATER

ICE

CARBONATED BEVERAGES (SPRITE, 7-UP, GINGER ALE)

CONSOMME

BROTH-CHICKEN OR BEEF

APPLE JUICE

GRAPE JUICE (100% ALL NATURAL-WELCHS)

LEMONADE

COFFEE (NO CREAM)

GATORADE

JELLO-NO RED/PURPLE

POPSICLES-NO RED/PURPLE

NO BEVERAGES CONTAINING ALCOHOL

ALL THINGS YOU CAN SEE THROUGH-NOTHING WITH RED FOOD COLORING

Nulytely Instructions:

(FOLLOW THESE INSTRUCTIONS when preparing for your colonoscopy, not the ones that come with your prescription)

In the morning on the day before your test:

Mix the Colyte, GoLytely, Nulytely and refrigerate. Add all the powder to once gallon of water and shake well. A package of lemon-lime Crystal light may be added to any of the Colyte, GoLytely, Nulytely mixture to help with the flavor. (Do not use Crystal light with red food coloring) Refrigerate.

The day before your test:

Take the four (4) Dulcolax tablets. They should be taken all at the same time @ 12 NOON or as soon as you are able to start your prep.

As early as 1:00pm on the day before your test:

Begin to drink the Colyte, GoLytely, Nulytely, 8-12oz glasses about every 20-30 minutes so that you will have sufficient time to complete the entire gallon. Some cramping is normal. **You must drink the entire gallon of Colyte, GoLytely, Nulytely in order to have good testing.** If you cannot finish the GoLytely because of severe nausea and vomiting, stop the prep for thirty (30) minutes to one (1) hour and then try again. If severe nausea and vomiting recur, stop the prep completely and take four (4) brown Senokot tablets and two (2) bottles of Magnesium Citrate. If you have kidney failure, **DO NOT** take the Magnesium Citrate. You can purchase Magnesium Citrate in a drug store or grocery store without a prescription. **Do not take brown tablets or Magnesium Citrate if you drink the entire gallon.**

Please call the nurse at (615) 383-0165, Monday-Friday, 8:30-4:30p.m to leave a message with the nurse if the following apply to you:

1. You have heart valvular disease or have had Rheumatic Fever
2. If you are on any Blood Thinners to include: Coumadin, Plavix, Warfarin, Antithrombin-K, Anisindione, Miradion, Dihydroergotamine, Mesylate, Dipyridamole, Persantine, Lovenox, Argatroban, Arixtra, Eliquis, Pradaxa, Xarelto, etc
3. If you have any questions about the above preparations

A nurse will return your call by the end of the business day to discuss these situations with you.

You may have a sip of water to take your morning medications the day of the procedure. If you have any questions or problems, call our office @ 615-383-0165 and request to leave a message with then nurse.

Dear Patient and Family Member or Friend:

We know that your time is valuable. We will do everything we can to minimize excessive waiting. Most examinations require a stay of **2-4 hours**. However, we want you to understand the process of the endoscopic examination and our goal for our patients.

In the not so distant past, the examinations were mostly done in the hospital and took much longer because of the hospital process. Now, less time is required by using our endoscopy center. While we try to complete the examinations in a time fashion, safety is our main concern.

PLEASE PLAN ON STAYING IN OUR OFFICE FOR THE ENTIRE DURATION OF THE PROCEDURE

Your relative or friend must first be prepared for the examination. The nurse will obtain an important medical history which includes a review of medications and vital signs. This information is again reviewed by the physician. Once the physician is satisfied with the patients pre-procedure consideration, then the patient will be carefully sedated (or lightly put to sleep) for the procedure, then the examination is done. In some cases, biopsies will be obtained. The patient is taken to our recovery room area where he/she is carefully monitored until they are fully conscious and may go home with you safety. Depending on the age and health of the patient, this process is variable for optimal safety and well being of the patient.

We hope this alleviated your concerns about any possible delays. Check with our receptionist if you leave the waiting room and immediately upon your return.

If you have any questions, please ask. We are here to provide safe and appropriate care for your loved ones.

Thank you.

TO OUR PATIENTS

COSTS/INSURANCE

It is our desire at our St Thomas office to make our patients as comfortable as possible in every area of their care. To assist with this effort, we would like to answer any questions you might have regarding the payment of your bill. In most instances, insurance will cover a large portion of your charge. We do, however, expect all deductible, and copays to be paid at time of service. In all instances, we will be glad to file your insurance on your behalf. Once your insurance is filed, you will receive statements to help you stay aware of the billing status. We will assist you with suitable payment arrangements if you cannot pay the remaining amount in full. We encourage you to follow up with your insurance company if they have not paid in a timely manner. Please present to us all of your insurance information (primary and secondary) prior to your appointment and notify us of any PRECERTIFICATION requirements. This is very important if we are to file your insurance and correctly receive a timely response.

IMPORTANT NOTICE: PLEASE READ

A broken appointment is a loss to everyone. If you are unable to keep your appointment, please call to cancel or reschedule as soon as possible, thus allowing this time to someone else. The office requires at least 48 hours notice of cancellations. If you do not cancel your appointment at least 48 hours prior to its scheduled time, you may be assessed a charge of up to \$200.00 for that time slot.

It is also important to us that we assist you with any questions you may have to make your care as worry-free as possible. If you have any questions regarding billing, we encourage you to contact Kimberly Fleet @ 615-321-1746.

It is our goal to provide quality care to our patients first and foremost.

Sincerely

Ronald E. Pruitt, M.D.

INSURANCE ISSUES

Due to the increasing changes in health insurance coverage's with HMO's, PPO's and other variances, we feel it necessary to try to keep you informed of the patient's responsibilities to ensure maximum coverage by your insurance, the reducing you out of pocket expense. The following information will cover a few major but often misunderstood issues. You can obtain more information from your insurance company or employer.

REFERRALS

A referral from your primary care physician (PCP) is necessary with many popular insurance options such as HMO's. Your primary care physician will normally have to send our office a valid referral that has been approved by your insurance company before we can provide any service to you. It is advantageous for you to call your PCP and ensure that a proper referral has been made and how many visits have been authorized by your insurance company. It is your responsibility to notify your PCP if your referral needs more visits. Our office will contact the PCP whenever possible to obtain a referral as a courtesy to our patients, but you need to be involved.

PRECERTIFICATION

Like referrals, a number of insurance plans require that services such as outpatient surgeries, inpatient admissions and outpatient medical therapies be precertified. Our office also does this as a courtesy to our patients. The final responsibility is to the patient. A number of tests and procedures that you may need to properly treat and diagnose you may require precertification. Please feel free to ask us any questions you may have or you may contact your insurance company.

NETWORKS

As you are aware, most insurance plans have networks of physicians and facilities benefits may be greater. The most common of these are Preferred Provider Organizations (PPO). We are members of most local PPO's and will be happy to care for you in the event we are not in the network, though the costs to you may be greater.

We hope that this will be helpful to you to understand some of the insurance issues with which we are faced. The more you understand your particular insurance policy, the more effectively you can use it to reduce your health care costs. We encourage you to be an active participant in your plan to help us all provide better services to you.