

North County Gastroenterology Medical Group

Your Provider has recommended you have a procedure. This page will give you important information. Please read the entire page.

SCHEDULING OF YOUR PROCEDURE

- Please allow up to 14 business days for the scheduling department to contact you.

LOCATION OF PROCEDURE

Center for Endoscopy

3921 Waring Road, Suite B
Oceanside, CA 92056
760-940-6300 (scheduling)
760-724-8782 (prep questions)

Scripps Memorial Hospital

354 Santa Fe Drive
Encinitas, CA 92024
760-724-8782 ext 345 (scheduling)
760-724-8782 (prep questions)

Tri City Medical Center

4002 Vista Way
Oceanside, CA 92056
760-724-8782 ext 345 (scheduling)
760-724-8782 (prep questions)

CANCELLATION

If you cancel your procedure less than 72 hours from your appointment time or do not show up for your procedure, there will be a CHARGE of \$100.

BILLING for procedures performed at the Center for Endoscopy ONLY (for Scripps and Tri City, please contact them directly)

Please be aware, you may receive up to four (4) separate bills for this procedure:

- 1) Center for Endoscopy (where procedure is performed)
Billing (877) 579-4572 or (760) 940-6300
- 2) North County Gastroenterology (physician's bill)
Billing (760) 941-5040
- 3) Comfort Endoscopy (anesthesia)
Billing (877) 579-4572
- 4) Pathology (if biopsies are taken during procedure)
Biopsies could be sent to one of the entities below, depending on your insurance requirements:
 - Covenant (844) 455-2120
 - Dianon/LabCorp (800) 352-7788
 - Quest (866) 591-5790
 - Scripps (858) 784-5645

Your procedure will be performed on: _____.

Please arrive at: _____. Call (760) 724-8782 if you have any questions.

COLONOSCOPY PREP – Polyethylene Glycol SPLIT Prep

PURCHASE AT A PHARMACY:

1. Buy or fill the prescription for Polyethylene Glycol **238 gram or 255 gram bottle**. Make sure this is NOT the smaller bottle that is 119 grams.
2. 6 Dulcolax Laxative tablets (not the suppositories). No prescription is needed for this.
3. One 64 ounce bottle of Gatorade or Gatorade-2 (NOT the red one).
4. Vaseline to reduce discomfort of the rectum due to multiple BMs.

3 DAYS BEFORE THE PROCEDURE:

- Stop eating popcorn, nuts, seeds, and corn.
- Stop all fiber supplements (Metamucil, Citrucel, Fibercon, etc.) AND iron pills.
- Stop Coumadin, Warfarin, Plavix, or other medications if instructed by your doctor.

1 DAY BEFORE THE PROCEDURE:

1. Starting first thing in the morning – drink clear liquids only (**see list on reverse side**). No solid food!
2. **Diabetic Patients:** Do not take any diabetic pills. For insulin inject ½ of your usual dose.
3. At 2:00 PM take 2 Dulcolax tablets.
4. At 4:00 PM mix the 238 gram or 255 gram bottle of Polyethylene Glycol with the 64 ounce bottle of Gatorade or other Sport Drink. Drink an 8 ounce glass every 20 minutes until **half the bottle is finished**. You may slow down if you are feeling full.
5. At 7:00 PM take 2 additional Dulcolax tablets.
6. Continue drinking clear liquids until bedtime. The more you drink the better.
7. Continue with your medications while prepping unless otherwise advised by the doctor.

DAY OF THE PROCEDURE:

1. **Five hours prior to your procedure arrival time**, take 2 Dulcolax tablets and **finish the remaining portion of the Gatorade mixture. Finish this *at least* 3 hours before your arrival time.** Take your morning medications with a small amount of water, but do NOT take your diabetic medications (pills or insulin) before the procedure.
2. **Nothing to eat or drink after this time.**
3. Arrive at the Center for Endoscopy 3921 Waring Road, Suite B Oceanside as directed above.
4. **Your driver must come inside and check in with the receptionist prior to the procedure.**
5. **We cannot be responsible for any valuables.** Please leave all jewelry, including rings, at home.

AFTER THE PROCEDURE:

1. You **MUST** have someone drive you home and stay with you for 4 hours after the procedure.
2. You **CANNOT** drive, or use a taxi, or a ride sharing (lyft or uber) service, or a bus after the procedure.
3. If you do not follow these instructions, your procedure will be cancelled.
4. **For non-HMO patients:** You will receive separate billings from the Center for Endoscopy, North County Gastroenterology, and a laboratory if any pathology is performed.

***** **Attention** *****

If you cancel your procedure less than 72 hours from your appointment time, do not follow prep instructions, or do not show up for your procedure, there will be a CHARGE of \$100.00

10-21-2019

CLEAR LIQUID DIET

NO SOLID FOODS ALLOWED

AVOID ARTIFICIAL RED DYES

- No red Jell-O
- No red Gatorade
- No red Kool-Aid
- But can have Natural red color such as cranberry juice

RESTRICT YOUR CHOICES TO THE LIQUIDS LISTED BELOW

- Water, tea, coffee
- Carbonated beverages and clear fruit juices listed below:
 - Grape juice
 - Cranberry juice
 - Cranberry juice products
 - Apple juice
 - Gatorade (No RED Gatorade)
 - Coconut water
- Jell-O (No RED Jell-O)
- Broth: beef, chicken, vegetable and Miso
- Sugar, honey, and syrups

DIABETICS:

- Please use sugar free beverages. Do not use any sugar, honey, or syrups.