



Welcome,

We want to thank you for allowing Physicians East, P.A.—Quadrangle Endoscopy Center to participate in your care. Located in Greenville, NC, our facility is dedicated to delivering safe, quality, comprehensive, and cost-effective health care to residents of eastern North Carolina. It is our mission to provide patients with compassionate and state-of-the-art care, so that they leave our facility feeling satisfied with the services provided.

Physicians East, P.A.—Quadrangle Endoscopy Center has been performing Colonoscopies and EGDs in the outpatient setting since 1995. Quadrangle Endoscopy Center has achieved accreditation by the Accreditation Association for Ambulatory Health Care (AAAHC). Accreditation distinguishes us from many other outpatient facilities by providing the highest quality of care to patients as determined by an independent, external process of evaluation. Status as an accredited organization means the Quadrangle Endoscopy Center has both met nationally recognized standards for the provision of quality health care set by AAAHC.

Upon arrival for your procedure, expect to be present in our facility for roughly two hours. Your designated escort/driver will be required to stay at the facility during the duration of your procedure. You will receive a call from our office within a week of your procedure date to review your health history and the prep instructions you received while at the office or by mail.

We look forward to serving you!

Sincerely,

Physicians East, P.A.—Quadrangle Endoscopy Center Staff

Folder Contents:

- Preparatory Instructions
- Frequently Asked Questions
- Cancellation Policy
- Brochure
- Detailed Map for Instructions



A Division of Physicians East



(252) 757-3636 • 1850 W Arlington Blvd, Greenville, NC 27834

GENERAL COLONOSCOPY INSTRUCTIONS:



STOP HERE, PLEASE READ!

If you are having any procedures, work ups, or tests concerning your heart, lungs or brain, please contact our office immediately. If you have not seen the ordering physician to review test results, please notify the office immediately at (252) 757-3636, as this could lead to your procedure being rescheduled.



5 Days Prior to the Procedure:

- Do **NOT** eat corn or popcorn.
- Do **NOT** take iron, no iron-containing vitamins/supplements, Metamucil, Citrucel, Imodium. Refer to your instructions sheet about when to stop blood thinners (i.e., Eliquis, Coumadin, Plavix, Xarelto) or your prescribing physician.

Diabetic Information:

Refer to your instructions sheet on how to alter diabetic medications. If no instructions were given to you, please refer to your prescribing physician. Keep a close watch on your blood sugar levels throughout the entire process of not eating solid foods, drinking clear liquids and while drinking prep. Contact your primary care physician or gastroenterology physician at (252)413-6260 if you have any questions regarding maintenance of blood sugar levels.

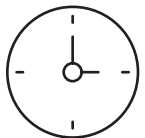


The Entire Day Before the Procedure:

- No marijuana, CBD oil, or CBD gummies 24 hours before the procedure.
- Continue taking medications as prescribed. Take **ALL** blood pressure medications and seizure medications.

• **NO SOLID FOODS AT ALL.**

- It is very important to stay hydrated throughout the day before your procedure. Doing so will help you feel better and will help with flushing stool out.
- Clear liquids include Jell-o, Propel, Body Armor, Gatorade, water based/pulp free popsicles, all broths, all soft drinks, green tea, Pedialyte, white grape juice, apple juice, Crystal Light packets/ water flavor packets, coffee with NO creamer (liquid or powder form). **NO RED ANYTHING.**
- Clear liquids do **NOT** include milk, milk products, juices with pulp (orange juice, pineapple juice, grape juice), and no soups.



The Day of the Procedure:

- No tobacco products **6 hours** before your arrival time. This includes cigarettes, chewing tobacco, pouches and vaping.
- **YOU MAY NOT HAVE ANYTHING IN YOUR MOUTH 3 HOURS BEFORE** your arrival time. This includes no gum, hard candies, cough drops, medications or clear liquids. Your prep must be finished before this time.
- You may wear contact lenses on the day of your procedure. If you choose to wear glasses, please bring a glasses case.
- An adult driver 18 years or older must stay at Quadrangle Endoscopy Center until your procedure is complete. Failure to do so can lead to your procedure being delayed or canceled. You may use public transportation such as Uber, Lyft, or taxi but you must have an adult 18 years or older stay on campus until your procedure is done and they must leave with you.
- Children are allowed to wait in the lobby. Children must be accompanied by an adult at all times. Children are **NOT** allowed in the recovery area unless a waiver is signed.

Dear Patient,,

To prepare for your procedure, a bowel prep is required. Below you will find instructions for several preps that our providers use. Based on your history and symptoms, your physician has ordered the following prep for you.

FOR ALL PREPARATIONS: If your bowel movements remain brown or loose, instead of a watery consistency, notify your physician for additional instructions at (252) 757-3636 or (252) 413-6260.

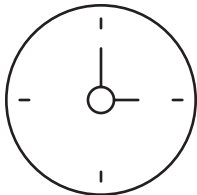
Office Use Only: SUPREP, COLYTE, CLENPIQ, PLENVU, GATORADE MiraLAX, AGGRESSIVE

SUPREP



THE DAY BEFORE THE EXAM:

- **Step 1**—At 6:00 PM, pour one 6-ounce bottle of SUPREP into the mixing cup provided. Add cool water to the 16-ounce line and stir. Drink all the liquid.
- **Step 2**—Drink two more 16-ounce cups of water in the cup provided over the next hour. You should begin having loose bowel movements in approximately 1 hour, which may continue for about 1–2 hours. Your last bowel movements should be of water consistency and clear, yellowish, or tea colored.
- Continue drinking clear liquids until bedtime.



THE DAY OF THE EXAM:

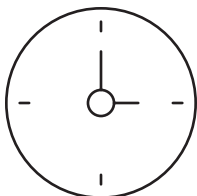
- 4 hours before the procedure, repeat steps 1 and 2 above for today's morning dose.
- You may **ONLY** drink clear liquids until 3 hours before procedure, and **NOTHING** by mouth after this time.

COLYTE



THE DAY BEFORE THE EXAM:

- **Step 1**—At 4:00 PM, add drinking water to the top line of the jug of Colyte solution. Shake well until dissolved and refrigerate.
- **Step 2**—At 6:00 PM, drink an 8-ounce glass every 10–15 minutes until **HALF** of the solution is gone.
- You should begin having loose bowel movements in approximately 1–2 hours, which may continue for an additional 1–2 hours. Your last bowel movement should be of watery consistency and clear, yellowish, or tea colored.
- Continue drinking clear liquids until bedtime.



THE DAY OF THE EXAM:

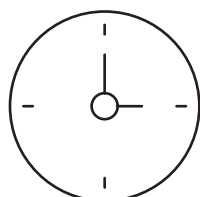
- 4 hours before the procedure, begin drinking the remaining solution. Drink an 8-ounce glass every 10 minutes until the solution is gone.
- You may **ONLY** drink clear liquids until 3 hours before the procedure, and **NOTHING** by mouth after this time.

CLENPIQ



THE DAY BEFORE THE EXAM:

- **Step 1**—At 6:00 PM, drink one bottle of CLENPIQ directly from the bottle. It does not need to be mixed.
- **Step 2**—Drink 5 cups (8 oz each) of clear liquid. You should begin having loose bowel movements in 1–2 hours, which may continue for an additional 1–2 hours.
- Continue drinking clear liquids until bedtime.



THE DAY OF THE EXAM:

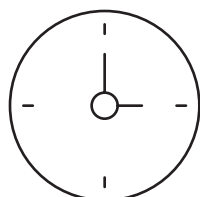
- 4 hours before the procedure, drink the other bottle of CLENPIQ directly from the bottle. It does not need to be mixed.
- Drink at least 3 cups (8 oz each) of clear liquid).
- You may drink **ONLY** clear liquids until 3 hours before procedure, and **NOTHING** by mouth after this time.

PLENVU



THE DAY BEFORE THE EXAM:

- **Step 1**—At 4:00 PM, use the mixing container to mix the contents of the dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it is completely dissolved. This may take up to 2 to 3 minutes. Refrigerate.
- **Step 2**—At 6:00 PM, drink the solution and take your time, slowly finish the dose within 30 minutes.
- Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.
- You should begin having loose bowel movements in 1–2 hours, which may continue for an additional 1–2 hours.



THE DAY OF THE EXAM:

- 4 hours before the procedure use the mixing container to mix the contents of dose 2 (pouch A and pouch B) with at least 16 ounces of water by shaking or using a spoon until it is completely dissolved. This may take 2 to 3 minutes. Drink the second solution, take your time, and slowly finish the dose within 30 minutes.
- Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.
- You may **ONLY** drink clear liquids until 3 hours before procedure, and **NOTHING** by mouth after this time.

GATORADE MIRALAX



SEVERAL DAYS BEFORE THE EXAM:

- Purchase a bottle of MiraLAX (238 gm) at any pharmacy. No prescription needed.
- Purchase 4 Dulcolax (Bisacodyl) 5 mg laxative tablets. No prescription needed.



THE DAY BEFORE THE EXAM:

- **Step 1**—At 1:00 PM, take 2 Dulcolax (Bisacodyl) laxative tablets.
- **Step 2**—At 5:00 PM, mix MiraLAX 238 gm bottle with 64 oz of Gatorade (*no red*).
- **Step 3**—Divide solution, placing half in the refrigerator.
- **Step 4**—With the remaining half, drink an 8 oz glass every 10–20 minutes until gone.
- **Step 5**—At 9:00 PM, take 2 Dulcolax (Bisacodyl) laxative tablets.
- **Step 6**—Five hours before procedure, drink the remainder of the solution. *You may need to wake during the night.* The timing of this dose is important and should not be altered. Continue your clear liquid diet until 3 hours before the procedure.

AGGRESSIVE PREPARATION



SEVERAL DAYS BEFORE THE EXAM:

- You will be given a prescription by your physician, which will need to be filled at the pharmacy.
- Purchase a bottle of MiraLAX (238 gm) at any pharmacy. No prescription needed.



FOR 5–10 DAYS BEFORE THE EXAM:

- Begin a low residue diet. A low residue diet limits high fiber food.
- High fiber foods to **AVOID** include:
 - Whole grain breads, oatmeal/cereals, granola
 - Nuts, seeds, raw/dried vegetables, or fruit (**NO SALADS**)
 - Beverages with pulp
 - Nutritional supplements that contain fiber
 - Peppers, beans, corn/popcorn
 - Hard candy, gum
- Foods you **MAY** eat include:
 - Cream of wheat/grits, white rice, and refined potatoes/noodles
 - Cooked fresh/canned vegetables
 - Vegetables without seeds including asparagus, beets, carrots, mushrooms, green beans, and potatoes without skin
 - Bananas, soft cantaloupe, honeydew, avocado
 - Chicken, fish, beef, pork, tofu, or eggs
 - Margarine, butter/oils, smooth sauces and dressings
 - Cakes, cookies, pudding, ice cream without nuts or seeds
 - Popsicles, yogurt, and cheese

AGGRESSIVE PREPARATION *(CONTINUED)*



FOR 2-5 DAYS BEFORE THE EXAM:

- Start taking MiraLAX 17 gm twice daily



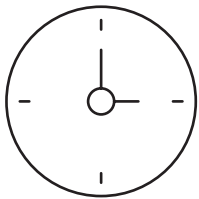
FOR 2 DAYS BEFORE THE EXAM:

- **DO NOT EAT ANY SOLID FOOD**
- You may have **ONLY** clear liquids for breakfast, lunch and dinner.
- Continue drinking clear liquids until bedtime.



THE DAY BEFORE THE EXAM:

- **Step 1**—Do **NOT** eat any solid food this day.
- **Step 2**—You may have **ONLY** clear liquids for breakfast, lunch, and dinner.
- **Step 3**—At 4:00 PM, add drinking water to the top line of the jug of prescribed solution. Shake well until dissolved and refrigerate.
- **Step 4**—At 6:00 PM, drink an 8-ounce glass every 10–15 minutes until HALF of the solution is gone.
- You should begin having loose bowel movements in approximately 1 hour, which may continue for an additional 1–2 hours. Your last bowel movements should be of watery consistency and clear, yellowish, or tea colored.
- Continue drinking clear liquids until bedtime.



THE DAY OF THE EXAM:

- **Step 1**—5 hours before the procedure, begin drinking the remaining solution. Drink an 8-ounce glass every 10–15 minutes until the solution is gone.
- You may **ONLY** drink clear liquids until 3 hours before procedure, and **NOTHING** by mouth after this time.



CANCELLATION POLICY

Dear Patient,

At Physicians East, P.A.—Quadrangle Endoscopy Center, we aim to deliver quality health care services to our patients. To be consistent with our mission, we have a Cancellation Policy that allows us to maximize the availability of our services. When a procedure has been scheduled, that time has been dedicated to you. A missed procedure means that we are losing valuable time we could have utilized to treat other patients in need.

Our Policy is as follows:

We request that you give our office a 5-day notice should any event arise that requires you to reschedule the procedure with your provider. This gives us the ability to schedule other patients for this procedure time. If a patient does not contact the facility to cancel their procedure within 5 business days or does not show up for the procedure, this will be considered a missed appointment ("No Show"). A fee of **\$150.00** will be charged to you for a missed appointment.

Patients that arrive at their appointment late may still be seen, but it will be at the earliest convenience of their provider.

If you have any questions regarding our Cancellation Policy, do not hesitate to reach out to our facility so we can clarify any questions you may have at (252) 757-3636. If you recognize that you need to cancel/reschedule your procedure, please call our scheduling department at (252) 413-6260.

Everything we do here is possible due to your continued support, thank you.

Sincerely,

Physicians East, P.A.—Quadrangle Endoscopy Center Staff



A Division of Physicians East



(252) 757-3636 • 1850 W Arlington Blvd, Greenville, NC 27834

FREQUENTLY ASKED QUESTIONS



A Division of Physicians East

Isn't there a better way to cleanse the colon?

- There are many methods used by different doctors to cleanse the colon. Your doctor has chosen your prep because of your specific health history and because his/her experience tells him it works. Certain preparations can be dangerous if used by the wrong patient.

Can't I just drink clear liquids and not eat for a few days and be clean?

- No, the walls of the colon will still be dirty, and the examination may have to be rescheduled.

What happens if I start drinking the preparation laxative and I become nauseated or start vomiting?

- Slow down. If you're drinking the gallon of preparation, take a break from the prep solution and then try to drink 4 ounces every 15-20 minutes. It is more important that you drink the entire gallon than to do it in the time period given.

What happens if I drink the preparation and get no results?

- If you don't have frequent or progressively loose bowel movements within 3 hours of taking the preparation, you will likely need something to help it work properly. Please contact the physician's office as soon as possible if you suspect that you are having poor results.

What should the product of the prep look like?

- The laxative should produce a clear yellow or green liquid with possible sediment to it. The color should not be brown and there should be no solid material.

Why do I have to have someone drive me home?

- After the procedure is over, you may be sleepy, uncomfortable, nauseated, or simply not yourself. This is the effect of the medications used for the sedation and the procedure itself. Your reflexes will be slowed until the following day, and you might injure yourself or others if you try to operate machinery. For this reason, you are considered legally intoxicated. This facility will not perform a sedated procedure on a person with no ride home! If you choose to take public transportation, such as a cab, a responsible adult must still escort you, no exceptions.

Why am I not going to the hospital for this procedure?

- GI endoscopy is a very safe procedure (surgery) that is routinely performed on an outpatient basis. Because we are an Ambulatory Surgery Center (ASC) the cost of the procedure is much less than a hospital setting. Also, rather than going through the admission process at a hospital with many other patients, our facility offers a faster, more streamlined process. Finally, because we are not as large as a hospital you can call our office during normal business hours and always speak with a real person.

How long does it take?

- An upper endoscopy (EGD) takes about 10-20 minutes to perform. The colonoscopy takes a little longer, about 30-45 minutes. Recovery time is about 30 minutes. Please keep in mind the time needed for the admission process, which includes, but is not limited to, reading and signing all required paperwork. Plan on being at the facility for approximately 2 hours from the time you check in to the time you leave.

What should I bring the day of the procedure?

- Wear comfortable clothes that are easy to get on and off. Bring a warm pair of socks to wear during your procedure. Bring a list of your medications including over the counter and herbal medications with your dosage. Bring a list of allergies and any medical procedures you have ever had. You should also bring your insurance card(s), a driver's license or picture ID card for identification purposes. Applicable payment may be required on the date of service. The estimate you will owe can be confirmed through our Patient Services Advisor at (252)551-1317.

NOTE: You will receive **TWO** separate statements for this procedure. One for the doctor's fee, and one for the facility fee.

- The Physicians East, P.A. statement will reflect the physician's fee
- The Quadrangle Endoscopy Center statement will reflect the facility fee. (*The facility (QEC) is considered an outpatient surgery center by insurance companies*)

Quadrangle Endoscopy Center utilizes anesthesia services for the administration of IV Propofol for sedation during procedures. Depending on your insurance coverage/plan, patients receiving this type of sedation may receive a **third** statement from Anesthesia Care Services, PA. You may call 1-888-447-7220 or 1-336-884-4595, if you have questions about this bill.

- It is **your** responsibility to know your insurance benefits and provide accurate insurance information.
- We encourage you to call your insurance company to obtain your benefits for your upcoming procedure.



Directions to Quadrangle Endoscopy

1850 W. Arlington Blvd, Greenville, NC 27834



From Ahoskie:

Take US 13 South and it will merge with US 64 East/US 13 South. At the corner of Arlington Blvd, turn right and Physicians East will be on the right after 3/4 mile.

From Bethel:

Take Hwy 11 South (this will become Memorial Dr). At Arlington Blvd, turn right. Physicians East will be on the right after 3/4 mile.

From Elizabeth City:

Take US 17 South to US 64 East/US 13 South. Take the US 13 South/NC 11 South exit 496 to Greenville/Ahoskie. Turn left onto NC 11 to Greenville. At the corner of Arlington Blvd, turn right and Physicians East will be on the right after 3/4 mile.

From Goldsboro:

Take US 13 North, it merges into Old 264 Alt (which becomes Dickinson Ave). At the corner of Dickinson Ave and Arlington Blvd, turn left and Physicians East will be on the right after 3/4 mile.

From Kinston:

Take Hwy 11 North to Greenville (this will become Memorial Dr). At the corner of Memorial Dr and Arlington Blvd, turn left onto Arlington Blvd, the McDonald's will be on your right. Physicians East will be on your right after 3/4 mile.

From Roanoke Rapids:

Take NC 125 to I-95 South. Exit at US 64 East (exit 138 to Rocky Mount/Tarboro). Take exit 496, US 13 South/NC 11 South. When you get into Greenville, US 13/NC 11 becomes Memorial Dr. At the corner of Arlington Blvd, turn right and Physicians East will be on the right after 3/4 mile.

From Rocky Mount:

Take Hwy 43 East to Greenville. When you get to Greenville, Hwy 43 becomes Martin Luther King Jr. Blvd. Turn right onto Hwy 11 South (Memorial Dr). At Arlington Blvd, turn right. Physicians East will be on your right after 3/4 mile.

From Washington:

Take Hwy 33 West through Chocowinity to Greenville (Hwy 33 will become 10th Street). Turn left onto Greenville Blvd and at Arlington Blvd, turn right. Physicians East will be on the right after 2.3 miles.

From Wilson:

Take Hwy 264 East to Greenville (this will become Stantonsburg Rd). At Arlington Blvd, turn right. Physicians East will be on your left after 1/2 mile.



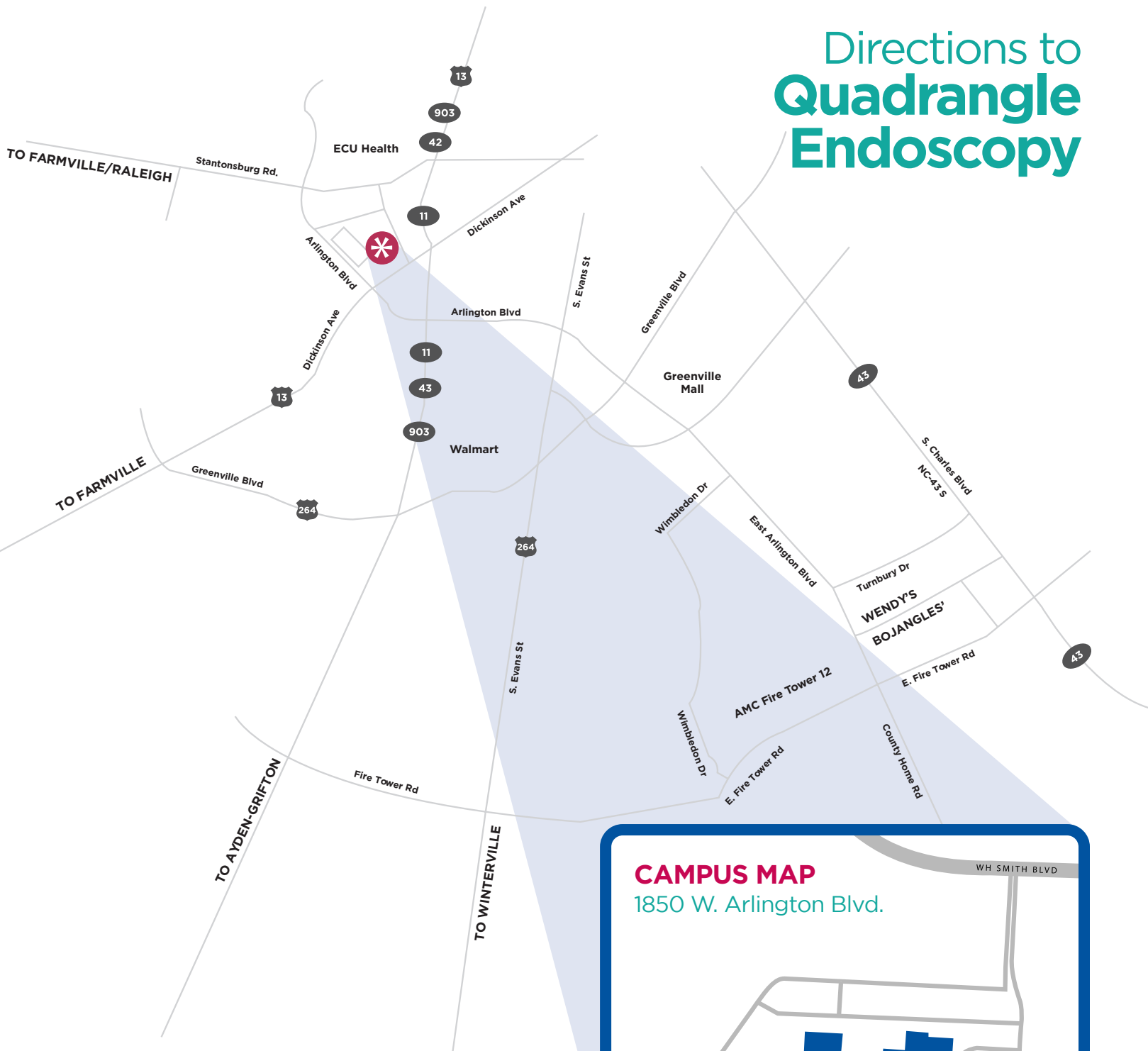
Quadrangle
ENDOSCOPY CENTER

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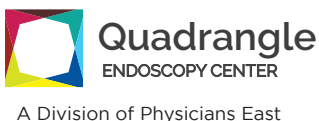
Need help? Contact us!

(252) 757-3636 | QuadrangleEndoscopy.com

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Discover the New Standard
of Outpatient Surgical Care



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