

*GI Associates is now offering
the latest advancement
for pre-procedure prep
with **hygieacare**.*

Preparing For Your Colonoscopy

Now you have a choice.

hygieacare[®]
Delivering better GI outcomes

GI Associates understands it is becoming more important for patients to have choices in their healthcare options. We are also focused on patient satisfaction and convenience as a priority.

That's why we provide:

- Imaging
- Pathology
- Infusion
- Clinical Lab
- Pharmacy
- Diagnostic Studies

GI Associates is now offering the latest advancement for pre-procedure prep with **hygieacare**. It is a simpler and easier way to prepare for your colonoscopy. Find out more at www.gi.md/preps.



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 **GI Associates
& Endoscopy Center**

GI Excellence Lives Here!
2510 Lakeland Drive • Flowood, MS 39232
www.gi.md

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Preparing For Your Colonoscopy

Colon cancer is the second-leading cause of cancer deaths in the United States. A colonoscopy is a fairly simple exam used to detect changes or abnormalities in the large intestine (colon) and rectum. It can help your doctor explore possible causes of abdominal pain, rectal bleeding, chronic constipation, chronic diarrhea, and other intestinal problems. **It's the only method of colon cancer prevention available today**, and the best way to discover abnormalities that can be a precursor to cancer. The good news is that when caught early, colon cancer is 90% curable (not just treatable).

There are many reasons why you may choose to avoid or put off screening exams: fear or awkwardness about the exam, fear of the results, lack of insurance, the financial burden of time away from work, and of course—the often dreaded and inconvenient preparation.

The preparation is a significant factor in colon screening. Your doctor may recommend a restricted diet and laxative regimen a day or two prior to your test. It's important to completely clean out (empty) your colon, as any remaining residue may obscure the view and keep your doctor from obtaining the clearest results.

Colonoscopy: As Easy as 1-2-3

1

Colonoscopies are important. They are the only colon cancer prevention available today. When polyps or lesions are caught early, colon cancer is 90% curable.

2

A completely cleared bowel is imperative. It's true—nobody likes to talk about #2! But to get the most accurate test results requires the most thorough preparation.

3

Now you have a choice. **hygieacare** provides an easier non-oral and more comfortable option than the oral preps, providing better test results to protect your health and peace of mind.

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Traditional Oral Preps

- Dietary restrictions for up to 3 days prior
- Drink up to a gallon of liquid laxative throughout the day before
- Lose a day of work at home in the bathroom
- Up to 20-25% of all colonoscopies report inadequate bowel prep, jeopardizing test results

HyGleaCare

- Drink only clear liquids and take a mild, over-the-counter laxative the day before (the gallon of liquid laxative with traditional oral preps is not needed)
- Get a good night's sleep (no need to get up at night to take purgative) and avoid frequent visits to the toilet
- Schedule same-day prep with your procedure
- Takes less than an hour
- Thoroughly and easily cleans your colon, ensuring the most accurate test results

When the Scheduler from GI Associates calls you will be asked which preparation method you want to use. For more detailed information on oral preps and the **hygieacare** option, visit www.gi.md/preps.