

THE FRIST CLINIC

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COLONOSCOPY INSTRUCTIONS-IMPORTANT

Your provider has ordered a _____ screening colonoscopy _____ diagnostic colonoscopy for _____

Please note: changes cannot be made to orders/billing after the procedure has been performed.

DAY: _____ **DATE:** _____ **ARRIVAL TIME:** _____ **PROCEDURE TIME:** _____

NAME: _____ go to _____ by the time noted above and check in with the receptionist. Please call (615) 342-6081 Monday-Friday between the hours of 8:30 a.m. and 4:30 p.m. if you need to reschedule your appointment. This courtesy will release the time for another patient. If you have an urgent need to reach us outside of these hours please call (615) 342-6010.

Preparation for the colonoscopy is important. In order to visualize the inner surfaces of the colon, the large bowel must be very clear. If the stool is present in the colon, the test will be discontinued and rescheduled.

PREPARING FOR THE COLONOSCOPY

- **You will need to purchase the following:** (items are over the counter so you do not need a prescription)
 - One bottle of Miralax powder 238g/8oz bottle
 - 4 Dulcolax **laxative** tablets
 - 64 oz of Gatorade OR Crystal Light (clear, orange, yellow)
- **Drink only clear liquids for the entire day before your test.**
Examples of clear liquids are (no red flavors):
 - Tea without fresh lemon
 - Apple juice
 - Coffee without cream
 - Gatorade (clear, orange, yellow), Kool-Aid (clear, orange, yellow)
 - All soft drinks: Coke, Sprite, Pepsi, Gingerale, 7-UP, Dr. Pepper
 - You may have Jell-o (clear, orange, yellow), Kool-Aid type popsicles (clear, orange, yellow)
 - Bouillon, chicken or beef (please use cube type only and no more than 3 for the entire day)
- **Do not have any dairy products, solid foods, or alcoholic beverages.**
- **At 10:00 A.M.** – Take all 4 Dulcolax laxative tablets with 8 oz of water
- **At 3:00 P.M.** – Mix the entire bottle of Miralax powder with 64 oz of refrigerated Gatorade, Crystal Light, or water. Shake or stir until clear. Drink 8 oz. every 10 minutes until you have consumed the entire 64 oz. If you get nauseated take a break for 30 minutes then resume your prep.
- Continue your clear liquid diet until midnight. **DO NOT DRINK ANYTHING AFTER MIDNIGHT.** You must come in fasting the morning of your test. (You may take your morning blood pressure and heart medications with just a sip of water)
- **You will need a driver 18 years or older to take you home.** You will NOT be allowed to drive or work the day of your test. Plan to be here 3 hours. If you use Lyft or Uber you must have someone with you. The hospital will not release you to Uber or Lyft if you are alone
- Bring a list of medications with dosages, your health insurance information, and photo ID.
- Please inform our office prior to your procedure if you have a latex allergy.
- **If you have had a heart stent placed in the last year, please contact your PCP or cardiologist to get clearance on discontinuing your blood thinner for 5 days prior to the procedure. Please contact our office after speaking with your PCP or cardiologist.**
- If you **have not** had a heart stent placed in the last year, **do not take any blood thinning medication 5 days before your test.** This includes: Coumadin, Plavix, Pradaxa, Eliquis, Effient, Xarelto, Ibuprofen, Aleve and any arthritis medications.
- You may continue your Aspirin.
Tylenol is ok if you need to take a pain reliever.
- **PLEASE CONTACT YOUR NURSE OR DOCTOR REGARDING TAKING HEART, BLOOD PRESSURE, OR INSULIN MEDICATIONS.**
- **Do not** take any medication with iron for 7 days before your test. This includes multivitamins.
- **Do not** wear cologne, perfume or scented lotions.