

The Frist Clinic

Dr. Anjali Shah, MD

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

PATIENT: _____

DATE: _____ ARRIVAL TIME: _____ PROCEDURE TIME: _____

Please go to _____ by the arrival time and check in with the receptionist. Please call 615-342-6081 Monday - Friday between the hours of 8:00 AM - 4:30 PM 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.

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)

THE DAY BEFORE YOUR TEST

- **Do not drink any dairy products, solid foods, or alcoholic beverages.**
- **Drink only clear liquids for the entire day before your test.**
 - Examples of clear liquids:
 - Tea without fresh lemon, coffee without cream
 - Apple Juice or White Grape Juice
 - Gatorade (clear, orange, yellow), Kool-Aid (clear, orange, yellow)
 - All soft drinks (coke, sprite, pepsi, ginger ale, 7-up, dr. pepper)
 - Jello (clear, orange, yellow) Kool-Aid type popsicles (clear, orange, yellow)
 - Bouillon (cube only): chicken or beef (no more than 3 for entire day)

HOW TO PREP FOR YOUR COLONOSCOPY

- **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 7:00 P.M.** – Mix the entire bottle of Miralax powder with 64 oz of refrigerated Gatorade, Crystal Light, or water. Shake or stir until clear. **Only drink 32 ounces of mixture.** Continue clear liquids until midnight. **After midnight do not eat or drink anything EXCEPT the second half of the prep.**
- **At 2:00 AM** the morning of your test, drink the last **32 ounces** of your mixture.

REMEMBER:

- You must come in fasting the morning of your test. You may take your morning blood pressure & heart medications with a sip of water.
- **You need a driver that is 18 years 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 all of your medications & dosages, your health insurance information, & a photo ID.
- Please inform our office prior to your procedure if you have a latex allergy. **DO NOT wear cologne, perfume or scented lotions**
- **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.**
- If you take an evening dose of insulin, take only half of your regular dose. Hold your insulin the morning of the procedure until after the procedure.
- **Do not take any medication with iron for 7 days before your test. This includes multivitamins.**
- **Do not** wear cologne, perfume or scented lotions.