

THE FRIST CLINIC

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COLONOSCOPY INSTRUCTIONS-IMPORTANT

Your provider has ordered a screening colonoscopy OR diagnostic colonoscopy for _____.
Please note: changes cannot be made to orders/billing after the procedure has been performed.

DAY: _____ DATE: _____ ARRIVAL TIME: _____

Please go to _____ by the time noted above and check in with the receptionist. Please call (615) 342-6081 Monday-Friday between the hours of 8:00 a.m. and 4:30 p.m. if you need to reschedule your appointment. This courtesy will release the time for another patient.

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

PREPARING FOR THE COLONOSCOPY

✓ **You will need to purchase the following:**

- Miralax 238g/8oz bottle
- 4 Dulcolax laxative tablets
- 64 oz of Gatorade OR Crystal Light (clear, orange, yellow)

✓ **Drink only clear liquids for the entire days before your test.**

Examples of clear liquids are (no red flavors):

- Tea without 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 also 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 tablets with 8 oz of water

✓ **At 3:00 P.M.** – Mix the entire bottle of Miralax powder with 64 oz of Gatorade, Crystal Light, or water.

Shake or stir until clear. Drink 8 oz every 10 mins until you have consumed the entire 64 oz.

✓ You may now continue your clear liquid diet until midnight. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.** You must come in fasting the morning of your test. (You may take any morning medications with just a sip of water)

✓ **You will need a driver to take you home.** You will NOT be allowed to drive or work the day of your test. Plan to be here 3 hours.

✓ Bring a list of medications with dosages, and your health insurance information and photo ID.

✓ Please inform our office prior to your procedure if you have latex allergy.

✓ **Do not take any blood thinning medication 3 days before your test.** This includes:

- Coumadin, Plavix, Aspirin, Ibuprofen, Aleve, and any arthritis medication.
- 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.



CENTENNIAL MEDICAL CENTER
2300 PATTERSON STREET, NASHVILLE

Directions: Take Interstate 40 to downtown Nashville and exit at Charlotte Pike. Take Charlotte Pike West (away from downtown). You will pass the Red Cross on the left. The next street is 23rd Avenue. Turn left on 23rd Avenue. Go one block and beneath the second crosswalk is the entrance to the hospital on the right. Park in the underground garage and take the elevators to the 1st Floor. Sign in at Patient Registration next to the white gazebo.

CENTENNIAL SURGERY CENTER – (Located at Centennial Professional Plaza)
345 23rd AVENUE, NORTH, SUITE 201, NASHVILLE

Directions: Take Interstate 40 to downtown Nashville and exit at Charlotte Pike. Take Charlotte Pike West (away from downtown). You will pass the Red Cross on the left. The next street is 23rd Avenue. Turn left on 23rd Avenue. The Professional Plaza Building will be on your right. Parking is located across the street from the Professional Plaza Building.



MEDICAL PARK (Centennial Medical Center Campus)
330 23rd AVENUE, NORTH, SUITE 400, NASHVILLE

Directions: Take Interstate 40 to downtown Nashville and exit at Charlotte Pike. Take Charlotte Pike West (away from downtown). You will pass the Red Cross on the left. The next street is 23rd Avenue. Turn left on 23rd Avenue. Travel one block and you will see the Medical Park Building on the left. There is free valet parking available at the front of the building. If you want to park yourself, go past the building and turn left onto Murphy Ave. The entrance to the parking garage will be on your left. Watch for blue signs for Medical Park and park in any available unassigned spot. When you get on the elevator go to the opposite side of elevator and press 4 to go to suite 400.



CENTENNIAL MEDICAL CENTER – ASHLAND CITY
313 W. MAIN STREET, ASHLAND CITY

Directions: From Nashville-Take Interstate 40 to Briley Parkway (TN-155 N). You will take exit 24-Ashland City Highway/Highway 12-approximately 14 miles to Centennial Medical Center on right (additional parking is available across the street from the hospital). The office is located inside Centennial Medical Center on the first floor in the "Specialty Clinic"-Feel free to ask the receptionist for guidance to our suite.

From Springfield-take Highway 49 South into Ashland City. At the red light, turn right and continue approximately 2 blocks to Centennial Medical Center on right (additional parking is available across the street from the hospital). The office is located inside Centennial Medical Center on the first floor in the "Specialty Clinic"-Feel free to ask the receptionist for guidance to our suite.