

THE FRIST CLINIC

Dr. Lewis Dr. Fakhruddin Dr. McGrew
 Dr. Stein Dr. Rao Dr. Dopp

COLONOSCOPY INSTRUCTIONS-IMPORTANT

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 8:30 a.m. and 5:00 p.m. if you need to reschedule your appointment. This courtesy will release the time for another patient.

TWO DAYS BEFORE TEST:

Purchase bowel prep according to your physicians instructions.

ONE DAY BEFORE TEST:

1. Clear liquid diet the entire day (sample clear liquid diet also available on website).
2. **Nothing to eat or drink after midnight (including water).**

MORNING OF TEST:

1. **Nothing to eat or drink.** Do **not** take your medications unless otherwise instructed by the doctor. Bring your medications with you.
2. Patient's may take their heart and blood pressure medications **at least two to three hours** before the appointment time with a few sips of water.

Additional items:

- » **Discontinue taking any type of blood thinners (aspirin, Plavix, Coumadin, etc.) for at least THREE (3) days before the procedure **Dr. Rao's patients must discontinue taking these for FIVE (5) days.****
- » **Please inform our office if you have any ALLERGY TO LATEX.**
- » **You must bring a driver at least 18 years of age to drive you home.**