

THE FRIST CLINIC

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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.

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 3:00 P.M.** – Take all 4 Dulcolax tablets with 8 oz of water

✓ **At 5:00 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.