

ABOUT YOUR COLONOSCOPY:

Colonoscopy screening is an important part of routine health care. You can get more accurate results from your colonoscopy if you follow these preparation instructions carefully. These instructions help ensure you have a clean bowel. Stool that remains in the colon may hide polyps. This might affect your test results or might mean that you will need to have a colonoscopy more often. Our office staff will call you or send you a letter with your results 7-10 days after your procedure. You can also manage your health online through the patient portal: WilliamsonMedicalCenter.org/PatientPortal

PATIENT CHECKLIST:

Continue your other prescription medications, including blood pressure drugs, right up to the day of your procedure.

- Diabetes:** Check with the prescribing physician about the dose of insulin or other diabetic drugs to be taken on the day of the preparation and the day of the procedure. It is usually best not to take these medications on the day of the procedure.
- Aspirin:** If you are taking aspirin, we recommend you continue it.

For any of the following medications, please consult with your prescribing physician as to when to stop and restart it:

- Coumadin**
Stop _____ days prior to your procedure.
- Plavix**
Stop _____ days prior to your procedure.
- Xarelto**
Stop _____ days prior to your procedure.
- Additional Medications:**

Stop _____ days prior to your procedure.

WHAT TO BRING:

- **You need a responsible adult to drive you home.** This person must stay on the unit until your procedure is completed. Your procedure will be cancelled if these arrangements have not been made. You will not be able to drive, operate any machinery or make any major decisions until the day after your procedure. A responsible adult should stay with you for several hours after the procedure.

- Wear casual clothing that can be easily folded and stored. Leave all valuables including watches, jewelry, and piercing items at home.
- Arrive one hour before your scheduled procedure for paperwork and procedure preparation.

WHAT TO BUY:

- MIRALAX POWDER or generic form (POLYETHYLENE GLYCOL): 238 gm or two 119 gm bottles (over the counter)
- DULCOLAX (BISACODYL) LAXATIVE TABLETS: 4 tablets (over the counter or as provided)
- GATORADE, G2 or POWERADE: 64 ounce or two 32 ounce bottles, any flavor, but no red or purple
- ONE BOTTLE OF MAGNESIUM CITRATE

PREPARATION SEQUENCE:

5 days before procedure: _____

- Sun M Tue W Th F Sat
- Discontinue all iron supplements, vitamins, fiber supplements, and herbal products. Continue your prescription medications, including blood pressure drugs, right up to the day of your procedure.

2 days before procedure: _____

- Sun M Tue W Th F Sat
- **Low-residue diet, beginning with breakfast:**
Eggs, soup, white chicken meat, fish, white rice, plain yogurt, cheese, white bread, pasta, noodles, macaroni, mashed potatoes, ice cream, sugar, salt, pepper, jelly, popsicle. NO red meat, fruits, vegetables, seeds, nuts, or marmalade.

1 day before procedure: _____

- Sun M Tue W Th F Sat

STEP #1: Clear liquid diet all day

If you can see through it, then it is a clear liquid, with the exceptions below. Gatorade is the preferred clear liquid.

- Clear fruit juices, white grape juice and apple juice
- Water
- Kool-Aid, Powerade (no red or purple)
- Clear soup, broth or bouillon
- Popsicles (no red or purple)
- Tea or coffee without cream or milk, however you can have sugar
- Hard candies (no red or purple)
- Soda pop, 7-Up, Sprite, regular or diet Pepsi and Coke, ginger ale, orange soda (no red or purple)

- Jell-O (no red or purple)
- No alcohol

STEP #2:

- Divide the MiraLAX 238 gms in half and mix into two 32 ounce bottles of chilled Gatorade or Powerade until dissolved. Keep the mixture in the refrigerator. Ice cubes may be added.
- **4 p.m.:** Take 4 Dulcolax tablets with 8 ounces of water.
- **6 p.m.:** Begin drinking the Gatorade/MiraLAX solution at a rate of 8 ounces every 15 to 30 minutes (2 hour period) until the first bottle or 32 ounces is gone. If you feel nauseated, stop drinking for 30 minutes. It may not work for 2 to 3 hours. It is important to finish the entire bottle and drink an extra 8 ounces of clear liquid every hour while awake. Gatorade is preferred.

The day of your procedure: _____

- Sun M Tue W Th F Sat

- **6 hours before:** _____
Begin drinking the second bottle or 32 ounces of Gatorade/MiraLAX. Drink 8 ounces every 15 to 30 minutes (2 hour period) until finished. If your procedure is in the morning, you will have to get up in the middle of the night. This second part of the preparation assures a clean right colon. You may still be passing liquid stool when you reach the endoscopic facility, which is okay.
- **4 hours before:** _____
You should stop the liquid diet; nothing by mouth four hours prior to the procedure (this includes hard candy, gum or water).

If at this point you are not passing clear yellow stool, then drink the bottle of magnesium citrate. If you are unable to find the Magnesium Citrate, buy an additional 32 oz. Gatorade and 119 gram Miralax to take 4 hours before your procedure if at this point you are not passing clear yellow stool.

- **1 hour before:** _____
Arrive at procedure location as indicated on the front of this sheet.

If you need to cancel for any reason, call the office at (615) 791-2330.

Arrive for your procedure:

on: _____

at: _____ a.m. / p.m.

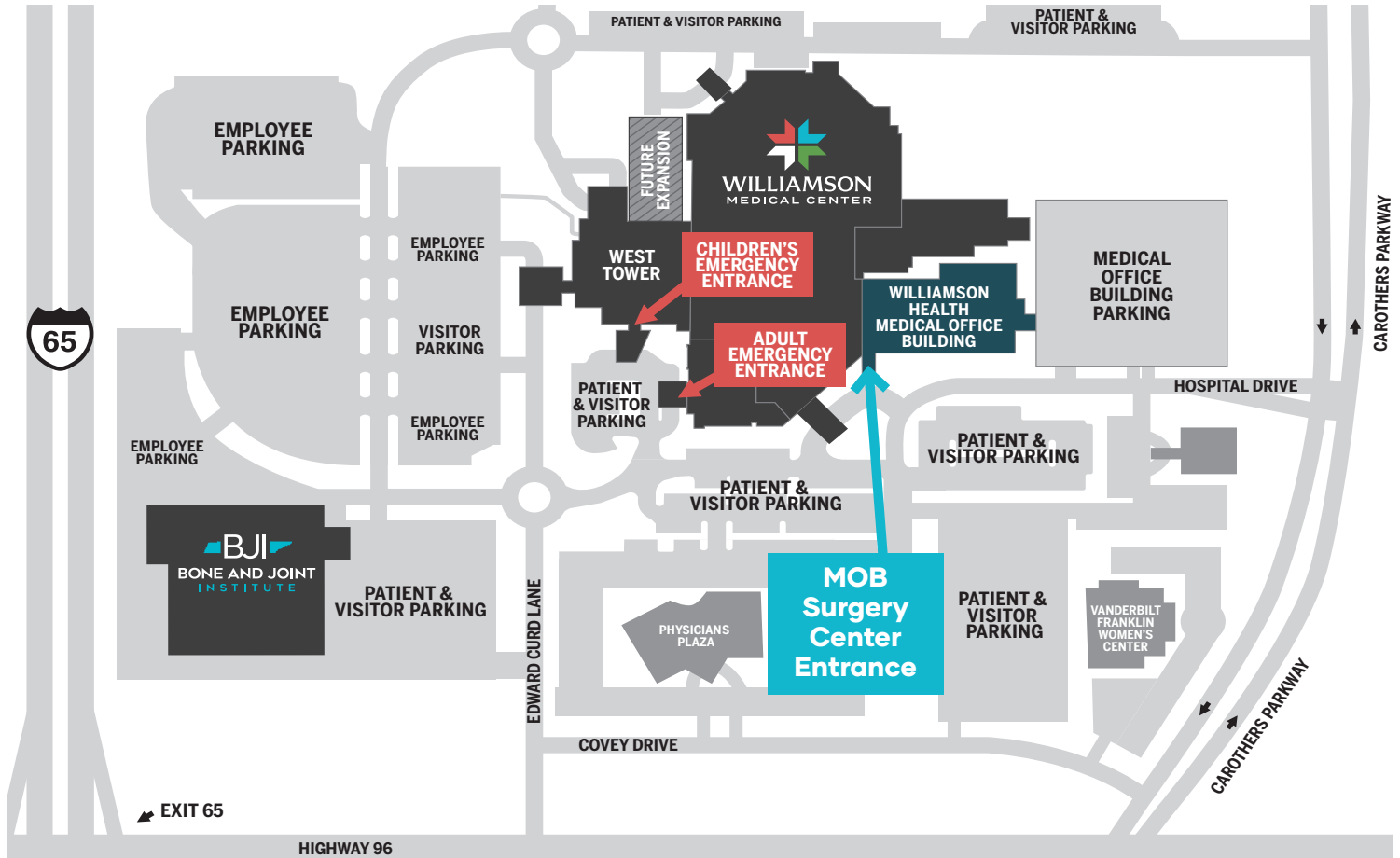
(This is one hour before the start of the procedure.)

Mon Tues Wed Thurs Fri

Your procedure will be performed here:

Williamson Health MOB Surgery Center
4323 Carothers Parkway
Franklin, TN 37067

Free parking is available across from the Williamson Health Medical Office Building. The MOB Surgery Center will be on your right as you enter the lobby.



CHARGES

You will receive several bills for your procedure expenses, including a bill from your surgeon, anesthesiologist and Williamson Medical Center. The Medical Center bill includes appropriate charges for the facilities, services and supplies. If you have any inquiries about estimates of the charges, please contact Anesthesia Medical Group directly at (615) 327-4304 and the Surgery Center at (615) 435-7900. You should also contact your insurance company directly to understand how your procedure is covered.

Depending on the procedure, your physician may order additional tests that require interpretation by other specialists. You will receive separate bills for those services. Most patients are released a few hours after the procedure. However, complications may occur, or the procedure may be performed late in the day. In these cases, you may need to stay a few extra hours or overnight.

INSURANCE AND PAYMENT ARRANGEMENTS

Please bring your health insurance card(s) to the Medical Center when you arrive. Confirm insurance requirements with your physician office including pre-certification or referrals to avoid delay the day of the procedure. If payment arrangements are needed, call Patient Financial Services at (615) 435-5884 prior to your the procedure. Patient Financial Services is available 8 a.m. - 4:30 p.m. Monday through Friday.

COMMUNICATION

For your safety, you may be asked the same questions several times by staff in Surgery and Anesthesia. The repetition of these questions is intentional as both a method to ensure you receive high quality care and to meet patient safety requirements.

HELP AFTER-HOURS AND WEEKENDS:

If you have any questions as you prepare for your procedure between 4:30 p.m. and 8 a.m. or on weekends, we offer a 24-hour phone line at (615) 791-2330. A healthcare professional will answer your questions and, if needed, refer you to the physician. This is a free service offered to all our patients.