



Nashville EndoSurgery Center  
300 20<sup>th</sup> Avenue North, 8<sup>th</sup> Floor | Nashville, Tennessee 37203 | 615-284-1335

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Physician: \_\_\_\_\_

Appointment Date: \_\_\_\_\_

Tentative Appointment Time: \_\_\_\_\_

Dear Patient,

Enclosed is information about how to prepare for your upcoming procedure. Please read these instructions as soon as possible as some medication must be stopped two weeks before your procedure.

For a successful Colonoscopy, your colon must be clear of stool, allowing your doctor to visualize the inner surfaces of the colon. Failure to follow these instructions limits the value of your procedure and your colonoscopy may need to be rescheduled.

You will be sedated for this procedure and unable to drive until the next day. You must bring a driver who can stay with you the entire time you are here and drive you home. Failure to do so will result in your colonoscopy being rescheduled. Free wireless internet, coffee, and drinks are available in our waiting room for guests to use.

We strive to stay on schedule. Your expected time at the endoscopy center will be 3 hours or less. Please arrive at the time provided to you from the PAT nurse during the call. It may differ from the above time due to scheduling changes for the facility due to cancellations or physician needs.

As a courtesy to other patients and to our staff, we require at least a 48 hours' notice for cancellation or rescheduling of procedures. Please see Cancellation Policy provided in the folder. Call our office at 615-284-1335.

Expect to receive a call from a nurse one week prior to your procedure. This is to confirm your appointment and answer any questions you may have. You may also receive a survey phone call after your procedure. Please take the time to provide feedback so that we can continue to improve. We are grateful for you allowing us to care for you and plan to treat you as if you were our own family member.

Sincerely,

Nashville Endo Surgery Center

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| <p><b>If you need to reschedule or cancel your procedure, please call 615-284-1336.</b></p> |
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- If you take Blood Thinners and have not spoken with a nurse at our office regarding holding this medication, please contact us as soon as possible. **DO NOT STOP** any prescription blood thinners or heart medications unless you have received clearance for your prescribing physician.
  - Examples of Blood Thinners- Coumadin(Warfarin), Plavix(Clopidogrel), Xarelto, Eliquis, Effient
- If you are a diabetic who relies on insulin, please call the physician who manages your diabetes for advice on how to regulate your medication during your prep and on the day of your procedure.
- If you take any injectable GLP-1 Medications for weight loss/diabetes, please stop these for one week prior to your procedure. See the table below for the list of GLP-1 medications.
- Continue using any prescribed inhalers, and bring them with you to your appointment.
- Please see the table below for other medications to stop taking before your procedure:

| Medication                                                                         | Stop Before Procedure                    |
|------------------------------------------------------------------------------------|------------------------------------------|
| 81 mg Aspirin                                                                      | DO NOT STOP                              |
| Tylenol or Acetaminophen                                                           | Do not stop                              |
| GLP-1 medications: Mounjaro, Wegovy, Ozempic, Trulicity, Victoza, Byetta, Bydureon | 7 days minimum<br>2 weeks if time allows |
| Fiber Supplements and high fiber foods such as seeds, nuts, beans, and popcorn     | 3 days                                   |
| Phentermine                                                                        | 7 days                                   |
| Rybelsus(Oral GLP-1)                                                               | 1 day and morning of procedure           |

#### What to Purchase?

Purchase the following supplies (Available over the counter at any pharmacy or drug store)

- Dulcolax **laxative** tablets also known as Bisacodyl, EZ Lax or Overnight Relief. You will only need 4 tablets. Do not purchase STOOL SOFTENERS
- 1 bottle of Miralax powder (238 gram bottle or 8.3 oz)
- 1 bottle of Miralax powder (4.1 oz) for additional prepping if needed.
- 3 Gatorades-same flavor- 28 ounces. No RED or PINK.
  - Propel, Electrolyte Water or Pedialyte are ok to substitute for Gatorade.
  - If Diabetic please buy G2 or Sugar Free.



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## **Follow these instructions if you are scheduled before 12 pm:**

### **THE DAY BEFORE YOUR COLONOSCOPY**

|          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Morning  | <ul style="list-style-type: none"><li>• <b>Clear liquids only all day. No solid food.</b> AVOID Corn, Salad, and Beans for several days prior to your procedure. Clear liquids include water, Gatorade, apple or white grape juice, cokes or sodas e.g., Coca Cola, Pepsi, Sprite, Ginger ale, Diet Drinks, also black coffee (no milk or cream) and tea.</li><li>• You may have Beef, Chicken or Vegetable Broth.</li><li>• You have may Jell-O and/or Popsicles. No RED or PINK flavors.</li><li>• You may have Sugar and Sweeteners.</li></ul> |
| 5:00 PM  | <ul style="list-style-type: none"><li>• Take 4 Dulcolax laxative tablets(all at the same time)</li><li>• Mix 2 Gatorade Bottles that are 28 ounces each all of the 8.3 oz bottle of Miralax powder in a pitcher and place in the refrigerator to chill.</li></ul>                                                                                                                                                                                                                                                                                 |
| 6:00 PM  | <ul style="list-style-type: none"><li>• Drink ½ of the pitcher. It should take about 30 minutes to one hour to drink. If you feel unwell or experience nausea; try drinking the preparation more slowly or pause for 30 minutes and then attempt to resume until complete.</li></ul>                                                                                                                                                                                                                                                              |
| 9:00 PM  | <ul style="list-style-type: none"><li>• Drink the other ½ of the pitcher until it is gone. Same as above, it should take about 30 minutes to 1 hour to finish.</li></ul>                                                                                                                                                                                                                                                                                                                                                                          |
| 10:30 PM | <ul style="list-style-type: none"><li>• If you are still seeing dark brown or light brown stool, we recommend that you combine another bottle of Gatorade (28oz) with the smaller version of Miralax (4.1 oz) together and drink for the additional flushing of your colon.</li></ul>                                                                                                                                                                                                                                                             |

### **THE DAY OF YOUR COLONOSCOPY**

|                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>All PATIENTS</b> | <ul style="list-style-type: none"><li>• No Tobacco, nicotine, vaping, gum, mints, candy or food of any kind.</li><li>• Take your necessary medications at least 4 hours prior to the procedure with only enough water to swallow the pills.</li><li>• Do not take any diabetic medications on the AM of the procedure.</li><li>• Continue to hold blood thinners and vitamins.</li><li>• <b>Wear comfortable clothing that is easy to put back on and wear socks to keep your feet warm. Do not wear any jewelry, apply lotion to the chest area, or wear contact lenses unless you can sleep in them.</b></li></ul> |
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## **Follow these instructions if you are scheduled after 12 pm:**

### **THE DAY BEFORE YOUR COLONOSCOPY**

|         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Morning | <ul style="list-style-type: none"><li>• <b>Clear liquids only all day. No solid food.</b> AVOID Corn, Salad, and Beans for several days prior to your procedure. Clear liquids include water, Gatorade, apple or white grape juice, cokes or sodas e.g., Coca Cola, Pepsi, Sprite, Ginger ale, Diet Drinks, also black coffee (no milk or cream) and tea.</li><li>• You may have Beef, Chicken or Vegetable Broth.</li><li>• You have may Jell-O and/or Popsicles. No RED or PINK flavors.</li><li>• You may have Sugar and Sweeteners.</li></ul> |
| 5:00 PM | <ul style="list-style-type: none"><li>• Take 4 Dulcolax laxative tablets(all at the same time)</li><li>• Mix 2 Gatorade Bottles that are 28 ounces each all of the 8.3 oz bottle of Miralax powder in a pitcher and place in the refrigerator to chill.</li></ul>                                                                                                                                                                                                                                                                                 |
| 6:00 PM | <ul style="list-style-type: none"><li>• Drink ½ of the pitcher. It should take about 30 minutes to one hour to drink. If you feel unwell or experience nausea; try drinking the preparation more slowly or pause for 30 minutes and then attempt to resume until complete.</li></ul>                                                                                                                                                                                                                                                              |

### **THE DAY OF YOUR COLONOSCOPY**

|                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5:00 AM             | <ul style="list-style-type: none"><li>• Drink the other ½ of the pitcher until it is gone. Same as above, it should take about 30 minutes to one (1) hour to finish the rest.</li></ul>                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 07:00 AM            | <ul style="list-style-type: none"><li>• If you are still seeing dark brown or light brown stool, we recommend that you combine another bottle of Gatorade (28oz) with the smaller version of Miralax (4.1 oz) together and drink for the additional flushing of your colon.</li></ul>                                                                                                                                                                                                                                                                                                                                |
| <b>All PATIENTS</b> | <ul style="list-style-type: none"><li>• No Tobacco, nicotine, vaping, gum, mints, candy or food of any kind.</li><li>• Take your necessary medications at least 4 hours prior to the procedure with only enough water to swallow the pills.</li><li>• Do not take any diabetic medications on the AM of the procedure.</li><li>• Continue to hold blood thinners and vitamins.</li><li>• <b>Wear comfortable clothing that is easy to put back on and wear socks to keep your feet warm. Do not wear any jewelry, apply lotion to the chest area, or wear contact lenses unless you can sleep in them.</b></li></ul> |



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Please Bring with you the following to your appointment:

- A responsible adult who must be PRESENT IN THE WAITING ROOM and DRIVE YOU HOME.
  - You must not operate a motor vehicle until the following day.
  - We cannot start preparing you for your procedure unless your driver is present.
  - This person will help you remember what the doctor tells you about the results of your procedure.
- Please bring your Driver's license and insurance cards.

An updated list of medications and dosages if any changes since you spoke with the Pre-Admissions RN.

Directions to the Facility:

Garage is located on State Street or you can Valet for free entering off 20<sup>th</sup> Avenue.

If you choose to valet enter the doors and proceed to main elevators. Take the elevators to the 8<sup>th</sup> floor and look for signs for NEC.

If you choose to park, take the Garage Elevators to the 2<sup>nd</sup> floor. This will take you to the crosswalk into the Building. Then take the elevator to the 8<sup>th</sup> floor and look for signs for NEC.



### Nashville Endosurgery Center

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Surgeon •

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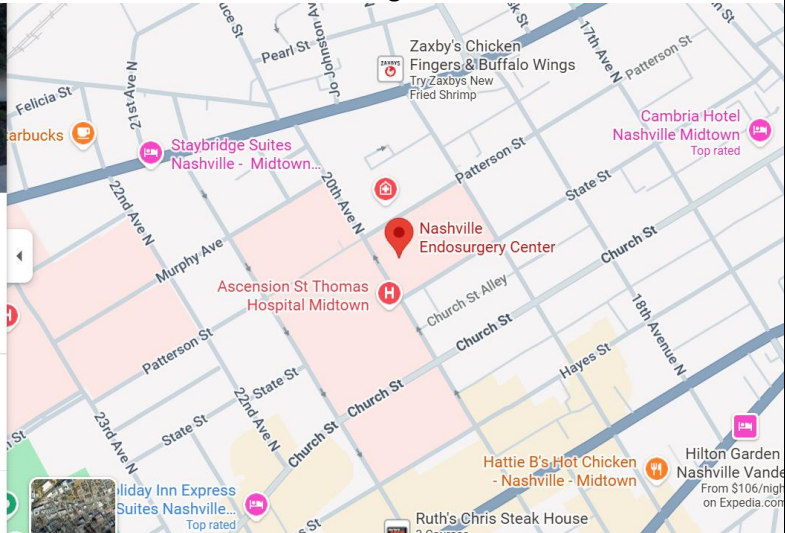
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#### Frequently Asked Questions:

- **There is not enough room in the Gatorade bottle for all of the MiraLax. What should I do?**
  - Pour the Gatorade into a pitcher and then add the MiraLax; or if you do not have a pitcher large enough, pour a little of the Gatorade out and then add the MiraLax.
- **Why can I not drink red Gatorade or have anything red/pink?**
  - When the Red color comes through the colon it can look like blood and can hide any bleeding that might be present thus compromising the test.
- **Going to the bathroom so much has made my bottom raw. What can I do about that?**
  - Use disposable wet wipes to clean yourself. You should not use any lotion, ointment, or Vaseline before the procedure.
- **What if I start vomiting while drinking the prep?**
  - Wait 30 minutes and then start again at a slower rate of consumption. Another helpful tip is to drink the prep with a straw and place the straw back far in your mouth.
- **Can I take an uber/lyft?**
  - In order to take a Uber/Lyft you must have a family member/caregiver accompany you as someone must be at the facility with you in order for your procedure to be completed.
- **Why do I need to stop my GLP-1 medication?**
  - These medications work by slowing your gastric emptying process resulting in you feeling full quicker. If you do not stop the medication prior to your procedure, it can result in severe nausea during your prep, an inadequate prep, or aspiration (inhalation of stomach contents) during your procedure.