

PREPPING FOR YOUR COLONOSCOPY

Please call anesthesia to do a pre-op phone interview prior to your procedure. Their number is (615) 435-5967. You may have to leave a message, but they will call you back.

Your procedure will be performed at the Williamson Surgery Center:

**4323 Carothers Parkway
Franklin, TN 37067**

Please arrive one hour before your procedure.

NOTES FOR PATIENTS ON BLOOD THINNERS AND DIABETICS ON INSULIN:

- If you are taking Coumadin, Plavix (Clopidogrel), aspirin, fish oil or other blood thinners, please contact our office to determine if and when you need to stop these medications. They are usually stopped for five (5) days prior to the procedure.
- If you are a diabetic and use insulin, please contact our office for insulin instructions.
- If you have any questions about which medications you should or should not take, or need to reschedule, please feel free to call us at 615-791-2330.



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PURCHASE AT THE DRUGSTORE/GROCERY:



4 Dulcolax (Bisacodyl) 5 mg tablets



238 gram bottle of MiraLAX (non-prescription)



**64 ounces of Gatorade, any flavor EXCEPT red or purple
If you are diabetic, purchase the low-calorie "G2" Gatorade.**

ONE DAY PRIOR TO PROCEDURE:

- Take only clear liquids by mouth. This includes clear juices (apple, white grape) tea, coffee (no milk or creamer), clear soft drinks, sports drinks (Gatorade or Power Ade), clear broth or bouillon, jello and popsicles.
- Avoid red or purple drinks, jello or dairy products.
- Consume LARGE amounts of fluid to avoid hunger and dehydration.
- At 12 PM take two (2) Dulcolax tablets (you may experience cramps and stools after ingestion.)
- At 2 PM mix the full bottle of Miralax into 64 ounces of Gatorade. Shake until completely dissolved.
- Drink an 8 ounce glass every 30 minutes until the solution is gone.
- At 4 PM take the last two (2) Dulcolax tablets (you may experience cramps and stools after ingestion.)
- Nothing to drink four (4) hours prior to arrival time at the Surgery Center. (SODA, WATER OR GATORADE)

THE DAY OF THE PROCEDURE:

- **Take your usual prescribed medications with a small sip of water.** If you are on anti-inflammatory medications or blood thinners, please see instructions above.
- **YOU MUST HAVE A RESPONSIBLE ADULT TO DRIVE OR ACCOMPANY YOU HOME AFTER THE PROCEDURE AND STAY WITH YOU FOR A FEW HOURS.** Your procedure will be CANCELLED if you do not have a responsible adult to receive discharge instructions, be responsible for your care during transport home and after you get home. Public transport drivers are not considered responsible for your care. If public transportation is utilized, a responsible adult other than the transport driver is required.
- You may not drive or work at all the day of your procedure. Plan to be at the facility for a few hours.