

Jagdish Nachnani, M.D.
300 Steam Plant Rd. Suite 400A
Gallatin, TN 37066
615.328.3700

Sumner Medical Center
555 Hartsville Pike
615-328-8888
1st Floor Registration

2 DAY COLONOSCOPY PREP

We have you scheduled for a colonoscopy on _____ at _____ am/pm.

Your prep instruction are as follows:

1. Please stop anti-inflammatory arthritis medications **5 days prior**. Aspirin is ok to continue if you have heart disease or a heart stent. It is safe for you to take Tylenol. You can take your blood pressure medications with a small amount of water the day of the procedure.
2. If you are taking Coumadin, Warfarin or Plavix, you will be given specific instructions by our office.
3. **2 days before** the procedure you may have clear liquids only. This includes black coffee, tea, sodas, such as pepsi, Diet Pepsi, 7-UP, apple juice, Gatorade, fruit popsicles, white grape juice, lemonade, Jell-o, broth and bouillon. **BUT NOTHING RED OR PURPLE and NO DAIRY PRODUCTS.**
4. **2 days before** the procedure at about 5 p.m. drink 1 bottle of MAGNESIUM CITRATE. This is available over the counter at any pharmacy.
5. The DAY BEFORE the procedure you may have clear liquids only. This includes black coffee, tea, sodas, such as pepsi, Diet Pepsi, 7-UP, apple juice, Gatorade, fruit popsicles, white grape juice, lemonade, Jell-o, broth and bouillon. **BUT NOTHING RED OR PURPLE and NO DAIRY PRODUCTS.** You may have up to 2 cans of standard Ensure before noon.
6. At 6 p.m. **the day before** the procedure take **2 DULCOLAX** tablets with 8 ounces of water. Dulcolax is available over the counter at any pharmacy.
7. Two hours after taking the Dulcolax, mix 64-ounce bottle of Gatorade (**ANY COLOR BUT RED OR PURPLE**) with the entire bottle of polyethylene glycol/**MIRALAX (238 grams)**. Drink it within a 2-3 hour period.
8. You may have clear liquids up to **4 hours prior** to your procedure.

9. The morning of the procedure avoid taking any medications unless otherwise directed. If you have not given your doctor a list of your medications, please bring one with you. Also, **DO NOT** chew gum, hard candy, or smoke until after your procedure.
10. You will be sedated for this procedure. You will **NEED SOMEONE TO DRIVE YOU HOME. NO MODE OF PUBLIC TRANSPORTATION WILL BE ALLOWED INCLUDING TAXI, BUSES, OR WALKING ALONE.** Please HAVE YOUR DRIVER CHECK IN WITH YOU AT CHECK-IN to verify your ride. Sedation may cause temporary loss of memory. Be aware that you may not remember results given to you by your doctor following the procedure.
11. Please note that like surgery, procedures take varying amounts of time depending on their complexity. While we strive to remain on schedule, occasional prolonged procedures may delay subsequent ones. We will try to keep you informed of any delays.

ITEMS THE PATIENT NEEDS TO BUY AT THE PHARMACY

1. One bottle of magnesium citrate
2. Two Dulcolax tablets
3. One 64- ounce bottle of Gatorade (**ANY COLOR BUT RED OR PURPLE, AND DO NOT EAT ANYTHING RED OR PURPLE**) G2 Gatorade is available for patients with Diabetes.
4. Miralax 238 grams.

OUR OFFICE REQUIRES 24 HOURS NOTICE FOR CANCELLATIONS DUE TO THE TIME WE ALLOW FOR YOUR APPOINTMENTS. THERE WILL BE A \$100.00 CHARGE IF YOU DO NOT NOTIFY OUR OFFICE WITHIN 24 HOURS PRIOR TO YOUR PROCEDURE.