

COLONOSCOPY PREP SCHEDULE

ARRIVAL TIME	SECOND PREP TIME
6:00 A.M.	12:00 A.M.
7:00 A.M.	1:00 A.M.
8:00 A.M.	2:00 A.M.
9:00 A.M.	3:00 A.M.
10:00 A.M.	4:00 A.M.
11:00 A.M.	5:00 A.M.
12:00 A.M.	6:00 A.M.



**JAGDISH NACHNANI, M.D.**  
GASTROENTEROLOGY/LIVER DISEASE  
HIGHPOINT HEALTH PARTNERS

Hendersonville Hospital  
355 New Shackle Island Rd  
Hendersonville, TN 37075

**1 Day MiraLax and Gatorade Prep (Split Prep)**

We have you scheduled for a colonoscopy on \_\_\_\_\_. Arrive at \_\_\_\_\_ am/pm.

**YOUR PREP INSTRUCTIONS ARE AS FOLLOWS:**

1. Please stop anti-inflammatory arthritis medications **5 DAYS PRIOR**. Aspirin is ok to continue if you have a history of heart disease or 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. The **DAY BEFORE** the procedure you may have clear liquids only. This includes black coffee, tea, soda, such as Pepsi (diet Pepsi), 7-UP, apple juice, white grape juice, lemonade, Gatorade, fruit Popsicles, Jell-O, broth, bouillon, **BUT NOTHING RED OR PURPLE AND NO DAIRY PRODUCTS OF ANY KIND**. You may have up to 2 cans of standard Ensure before noon
4. At **3pm** the day before the procedure take **2 DULCOLAX LAXATIVE** tablets with 8 ounces of water. Dulcolax is available over the counter at any pharmacy.
5. Two hours after taking the Dulcolax, mix a 64-ounce bottle of Gatorade (**ANY COLOR BUT RED OR PURPLE**) with the entire bottle of polyethylene glycol/**MIRALAX (238 GRAMS)**.
6. Drink the first 32oz of prep at **5pm** the day before. Refrigerate the remaining prep. Continue to stay on clear liquids. You will drink the last 32oz prep at \_\_\_\_\_ the morning of the procedure.
7. You may have clear liquids up to **4 HOURS PRIOR** to your procedure.
8. 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, smoke, dip or chew tobacco products until after your procedure.**
9. You will be sedated for this procedure. You will **NEED SOMEONE TO DRIVE YOU HOME. NO MODE OF PUBLIC TRANSPORTATION WILL BE ALLOWED INCLUDING TAXIS, BUSES OR WALKING ALONE.** Please **HAVE YOUR DRIVER 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 procedure.
10. Please note that like surgery, procedures take varying amounts of time depending on their complexity. While we try to remain on schedule, occasional prolonged procedures may delay subsequent ones. We will try to keep you advised of any delays.

**ITEMS THE PATIENT NEEDS TO BUY AT THE PHARMACY:**

1. Two Dulcolax laxative tablets
2. 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.
3. MiraLax 238 grams

\***Cancellations** require a **24 hour notice** or a **\$100 NO SHOW FEE** will be applied to your account\*

Thank you for your understanding.



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**ITEMS THE PATIENT NEEDS TO BUY AT THE PHARMACY**

1. One bottles 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.**



JAGDISH NACHNANI, M.D.  
GASTROENTEROLOGY/LIVER DISEASE

HIGHPOINT HEALTH PARTNERS

Jagdish Nachnani, M.D.  
300 Steam Plant Rd., Suite 210, Gallatin  
615.328.3700

Sumner Regional Medical Center  
555 Hartsville Pike, Gallatin  
615.328.8888  
1<sup>st</sup> floor Patient Registration

### 2-Day COLONOSCOPY PREP

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

#### YOUR PREP INSTRUCTIONS 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 TAXIS, 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 try to remain on schedule, occasional prolonged procedures may delay subsequent ones. We will try to keep you advised of any delays.



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Jagdish Nachnani, M.D.  
300 Steam Plant Road Suite 210  
Gallatin, TN 37066  
615-328-3700

Sumner Regional Medical Center  
555 Hartsville Pike  
Gallatin, TN 37066  
615-452-4210

### UPPER ENDOSCOPY PREP

We have scheduled you for an upper endoscopy on \_\_\_\_\_ @ \_\_\_\_\_ am/pm.

Your Prep Instructions are as follows:

1. Please stop anti-inflammatory and arthritis medications **5 DAYS PRIOR**. Aspirin is ok to continue if you have heart disease or a heart stent.
2. If you are taking Coumadin, Warfarin or Plavix, you will be given specific instructions by our office.
3. The night before you may have a normal supper. **No steak or pork should be eaten for dinner and nothing else to eat until after the procedure.**
4. You may have clear liquids up to 4 hours prior to your procedure. Clear liquids include: black coffee, tea, soda – such as Pepsi, diet Pepsi, 7-up, apple juice, white grape juice, lemonade, Gatorade, fruit popsicles, Jell-O, broth bouillon, **BUT NOTHING RED OR PURPLE.**
5. The morning of the procedure avoid taking any medications unless otherwise directed. If you have not given your doctor a list of medications, please bring one with you. Also, DO NOT chew gum, hard candy, smoke, dip or chew tobacco products until after your procedure.
6. You will need to be sedated for this procedure. You will **NEED SOMEONE TO DRIVE YOU HOME. NO MODE OF PUBLIC TRANSPORTATION WILL BE ALLOWED INCLUDING TAXIS, BUSES OR WALKING ALONE. Please HAVE YOUR DRIVER 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.
7. Please note that like surgery, procedures take a varying amounts of time depending on their complexity. While we try to remain on schedule, occasional prolonged procedures may delay subsequent ones. We will try to keep you advised of any delays.

**\*Cancellations** require a **24 hour notice** or a **\$100 NO SHOW FEE** will be applied to your account\* Thank you for your understanding.

Patient Partners Center  
890 N. Blue Jay Way  
Gallatin, TN 37066  
(615) 575-9000

Sumner Regional Medical Center  
555 Hartsville Pike  
Gallatin, TN 37066  
(615) 452-4210

**Check in at registration first**

Jagdish Nachnani, MD  
300 Steam Plant Rd.  
Suite 210  
Gallatin, TN 37066

### **FLEXIBLE SIGMOIDOSCOPY PREPARATION**

We have scheduled you for a Flexible Sigmoidoscopy  
on \_\_\_\_\_ @ \_\_\_\_\_ am/pm.

#### **YOUR PREP INSTRUCTIONS 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. The **NIGHT BEFORE** the procedure you will have a clear liquid supper. 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, bouillon and up to 3 cans of standard Ensure, **BUT NOTHING RED OR PURPLE.**
3. You may have clear liquids again until midnight. **DO NOT EAT OR DRINK ANTHING AFTER MIDNIGHT.** If you have an afternoon, you may have clear liquids up to 4 hours before the procedure.
4. The evening before your procedure drink **1 BOTTLE OF MAGNESIUM CITRATE.** This can be bought over the counter at any pharmacy.
5. The morning of the procedure give yourself **2 FLEETS ENEMAS.** We suggest that you start the enemas 1 ½ to 2 hours before leaving to come to your procedure. This also can be bought over the counter at any pharmacy.
6. The morning of your procedure avoid taking any medications unless otherwise directed. If you have not given your doctor a list of medications, please bring one with you.
7. Please note that like surgery, procedures take varying amounts of time depending on their complexity. While we try to remain on schedule, occasional prolonged procedures may delay subsequent ones. We will try to keep you advised of any delays.