

ATTENTION

You ABSOLUTELY must bring an adult (18 years or older) that can remain in the waiting room the entire time you are at this facility and can also drive you home.

This is for your safety and due to the fact that you will be sedated.

IF you do not bring someone that will stay in the facility throughout the entire time you are here,

WE WILL BE FORCED TO RESCHEDULE YOUR PROCEDURE!

This policy is solely in the interest of your safety and well being.

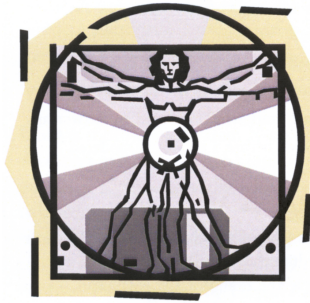
Attention:

If your medications change between the time your procedure is scheduled and the actual date of your procedure, **please call our office immediately so we may assess these changes and their possible effect on the safety of your procedure.**

***** Please disregard any email from St. Thomas Medical Group regarding your arrival time.**

Please come directly to the Endoscopy Center to register.
Arrive at the time discussed when your appointment was scheduled.

COLONOSCOPY



ST. THOMAS MEDICAL GROUP

ENDOSCOPY CENTER

4230 Harding Pike

St. Thomas Medical Plaza East
Suite 400
Nashville, TN. 37205
(615) 250-4108

www.stmgendo.com

JEFFREY B. ESKIND, M.D.

Your appointment has been scheduled for:

Date

Time of Arrival

(This is not your procedure time.)

Included in the packet below is the information you will need to be prepared for your appointment at the Endoscopy Center.

Enclosed are instructions regarding what to purchase for your preparation, how to prepare for your colonoscopy and general information about the procedure and our center.

Please read the ENTIRE packet carefully.

St. Thomas Medical Group Endoscopy Center

Gatorade G2 / Miralax Split Dosing Preparation for Colonoscopy

Name _____ Date of Procedure _____

Purchase for preparation: Two 32-ounce bottles of Gatorade G2 (NOT RED, ORANGE, OR PURPLE)
Two 119 gram bottles of Miralax
Two Dulcolax (bisacodyl) tablets (laxative NOT stool softener)

(If you have difficulty locating these items, please ask your pharmacist for assistance.)
(Gatorade G2 suggested to lower sugar content. May use regular Gatorade if unable to find G2.)

The Day Before Your Procedure: _____

YOU MUST NOT EAT ANY SOLID FOODS FROM THE TIME YOU GET UP TODAY UNTIL AFTER YOUR COLONOSCOPY.

- Refrigerate Gatorade G2 early in the morning.
- Drink only clear liquids today.
- A clear liquid diet consists of broth, bouillon, tea, black coffee (no milk, cream or creamer), sodas, apple juice, Popsicles, Jell-o, Gatorade, etc. If you can see through it you can drink it. **Do not have anything with red or orange dye. NO orange, tomato or purple grape juice** (white grape juice is allowed).
- **At 10 am** take two Dulcolax (bisacodyl) tablets.
- **At 12 noon** mix one 119 gram bottle of Miralax powder in 32 ounces of cold Gatorade G2.
- Shake bottle of Gatorade G2/Miralax solution thoroughly until Miralax is dissolved. Start drinking one 8-ounce glass of solution every 20 minutes until bottle is empty. Keep bottle of solution cold in refrigerator or on ice. (Save other bottle of Miralax powder to mix at 8 pm with second bottle of G2 Gatorade for second dose of preparation.)
- This is a bowel cleansing preparation and will cause you to have diarrhea. You may continue to drink clear liquids until bedtime. **REMEMBER, NO SOLID FOODS.**
- **At 8 pm** mix one 119 gram bottle of Miralax powder in 32 ounces of cold Gatorade G2. Shake bottle of Gatorade G2/Miralax solution thoroughly until Miralax is dissolved. Start drinking one 8-ounce glass of solution every 20 minutes until bottle is empty. Keep bottle of solution cold in refrigerator or on ice.

Remember: NO SOLID FOODS.

YOU MAY CONTINUE TO HAVE CLEAR LIQUIDS UNTIL MIDNIGHT!

THE MORNING OF YOUR COLONOSCOPY~~ DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT. THIS INCLUDES GUM AND MINTS.

Please be sure to follow the medication instructions on page 5 of this packet.

You *must* have a responsible adult accompany you to your procedure to drive you home. The driver must be able to stay in the waiting room while you are here. You cannot drive or work until the morning after your procedure due to the sedation you will receive. If you do not bring a driver with you, your procedure will be cancelled.

Please call (615) 250-4108 with any questions or concerns. If you have questions the morning of the procedure, please call 615-250-4105 after 6 am.

**** ATTENTION: ****

If you have undergone any test which you were required to drink BARIUM or if a barium product was used within 3 days prior to your scheduled colonoscopy, **DO NOT** begin your prep!!

Your colonoscopy results **MAY NOT BE ACCURATE** because the barium interferes with visualization of the colon.

Please call our office at once during **REGULAR** business hours.

We will be happy to reschedule your colonoscopy at your convenience.

PLEASE UNDERSTAND

YOU **MUST** BRING A RESPONSIBLE ADULT TO STAY IN THE WAITING ROOM AND DRIVE YOU HOME OR YOUR PROCEDURE WILL BE CANCELLED.

****Hydration is part of your prep! Please drink at least 8 oz. clear liquids every hour throughout the day on the day prior to starting your preparation, unless prohibited by a previous medical condition.**

DO NOT EAT ANY SOLID FOOD THE DAY BEFORE YOUR PROCEDURE.

YOU MAY **ONLY HAVE CLEAR LIQUIDS.**



YOU MUST HAVE **NOTHING** TO EAT OR DRINK AFTER MIDNIGHT THE MORNING OF YOUR PROCEDURE . THIS INCLUDES GUM AND MINTS!



ABOUT YOUR MEDICATION

Alerts and Adjustments Needed for your Procedure

PLEASE READ THIS CAREFULLY!

YOUR SAFETY AND WELL BEING DEPENDS ON THIS!

Failure to read and follow these directions can result in serious complications.

If you take medication for **any** of the following conditions (**blood pressure, seizures, respiratory issues**), please continue these medications as directed by your prescribing physician.

Do not stop these medications for any reason!

The morning of your procedure, take these medications with enough sips of water to completely swallow them.

- Blood pressure medication
 - Seizure medication
 - Inhaler (Please bring your inhaler with you to the Endoscopy Center on the day of your procedure.)
- **If you are Diabetic (take medication for your blood sugar):**

If you take diabetic medications or insulin, please bring your medication with you the day of the procedure. If you use an insulin pump, turn it off at midnight before your procedure.

If you take regular insulin injections **or** concentrated insulins such as Humalog, Regular U-500, Lantus, Tresiba, etc, **please check with your prescriber to evaluate how to adjust your specific medication needs.** Since your normal dietary intake will be stopped due to preparation for your procedure, there will be an increased possibility of unexpected blood sugar fluctuations. Adjustments of dosing during preparation and when to hold your insulin on the day of procedure will vary depending on your individual medical status.

➤ **If you take blood thinning medications:**

Blood thinning medications **must be stopped or adjusted** per the needs of the individual patient.

- **Xarelto, Pradaxa, Eliquis, Brilinta and Effient MUST be stopped 2 days prior to your procedure. NO EXCEPTIONS.** This adjustment must be approved by your prescribing physician **prior to the day of your procedure.**

Stop or adjust the medications listed below:

Medication	Adjustment required	Further Details /Instructions
Aspirin (any meds containing aspirin)	Stop 7 days prior to procedure	Unless prescribing physician instructs NOT to stop
NSAIDS (prescribed or over the counter)	Stop 7 days prior to procedure	Including ibuprofen, Advil, Aleve, Celebrex, Naprosyn
Aspirin taken with Plavix (clopidogrel)	Must stop ONE 7 days prior	
Coumadin (warfarin)	Stop 5 days prior to procedure	

Other medications to be stopped include: persantine, dipyridamole, fish oil, multi-vitamins, vitamin E, heparin, Ticlid and iron.

This is not an all-inclusive list. Please consult your prescribing physician.

If your PCP or cardiologist does not approve of discontinuing your **Coumadin** or one of the **Plavix/Aspirin** combination medications for 7 days, we can perform the procedure but we **CANNOT TAKE ANY BIOPSIES, REMOVE POLYPS, OR UNDERTAKE ANY OTHER THERAPEUTIC INTERVENTIONS DURING YOUR PROCEDURE.**

The timing for resuming your anticoagulation therapy after your procedure may be altered due to findings related to your procedure. The physician will give you specific medication instructions at discharge.

Avoid endoscopic procedures in the first 30 days following placement of a cardiac stent, except for a declared emergency!

The morning of your procedure, from midnight until your arrival time:

Do not smoke or dip.

No electronic cigarettes or vaporizer inhalation.

Do not chew gum, have mints or cough drops, eat or drink.

THE ENDOSCOPY CENTER

The doctors, nurses, and staff of the St. Thomas Medical Group Endoscopy Center appreciate the confidence you have placed in us. You have chosen one of the finest facilities of its kind in the nation for your medical care and treatment. The facility is staffed with certified registered nurse anesthetists (CRNA) for all cases, providing a safe and comfortable environment for your outpatient procedure. We have always been dedicated to creating a true center of excellence in endoscopy for our patients. Our attention to detail and individualized patient care, as well as our use of advanced technology, has kept us in the forefront of endoscopy centers. We want you to be completely satisfied that the care you receive in the Endoscopy Center is of the highest quality. Our staff would be glad to answer any questions before a service is rendered.

The Endoscopy Center has received certification from Medicare as well as the Tennessee Board for Licensing Health Care Facilities. In addition, major insurance providers have approved our facility for its outstanding service, safety, and cost benefit.

WHAT IS A COLONOSCOPY?

A colonoscopy is an examination of the rectum and large intestine. A long flexible tube, about the thickness of a finger, is inserted through the rectum into the large intestine (colon). This allows the physician to carefully examine the lining of the colon, and identify any abnormalities which may be too small to be seen on x-ray.

A colonoscopy is used to diagnose cancer, colitis, polyps, causes of bleeding, and abnormal or questionable x-rays. If your physician sees an area of inflammation, he can pass an instrument through the colonoscope and take a small piece of tissue (biopsy) for examination. Also, if polyps are found during the procedure, they can be removed and sent to pathology.

PREPARATION

- ❖ The **entire day before your colonoscopy**, you must remain on a clear liquid diet which can include: Gatorade, Tea, Coffee (without cream), Water, Apple Juice, Popsicles, White Grape Juice, Coke or 7Up, Chicken/Beef Broth, Jell-O (except red, grape and orange). **No orange, tomato or grape juice. Avoid milk products or any items containing red, orange, or purple dye.**

You ***MUST*** cleanse your colon to be adequately prepared for your colonoscopy.

Your physician will prescribe a colon cleansing preparation individualized for your specific medical needs.

Please refer to page 3 of this packet for the instruction sheet chosen for you detailing complete directions explaining the procedure to cleanse and prepare your colon for your procedure.

Your stool should become tea colored, yellow or clear. Please continue to drink your laxative as instructed until container is empty.

Tips for Preparation Tolerance: Walk around, stay active; Drink prep with a straw if necessary; Follow glass of prep with another liquid or bite of a lemon to cleanse your palate; Drink warm liquids. *Please notify the office with any difficulties you have with drinking your bowel cleansing preparation.

- ❖ Please notify the office if you have a pacemaker, internal defibrillator or if there is any chance of pregnancy.
- ❖ You may brush your teeth. Wear comfortable clothing.
- ❖ Leave all valuables (i.e. jewelry) at home. We cannot assume responsibility for lost or misplaced items.
- ❖ **Please bring an updated list of your current medications or bring all of your medications for review.**
- ❖ Please bring your insurance cards and photo identification card with you.

FOLLOW INSTRUCTIONS CAREFULLY.

If you do not, the procedure may need to be re-scheduled or cancelled.

You must arrange for a relative or friend to accompany you and drive you home or your appointment will be rescheduled. This person must be at least 18 yrs old and must remain in the waiting area during your procedure. You can expect to be here for approximately 2 hours. Even though you may not feel that you are affected by the sedation, your judgment and reflexes may not be normal. We recommend that you do not work or drive until the day following your procedure. You are considered legally intoxicated until the morning following your procedure.

PROCEDURE

You will receive an intravenous medication which will help you to relax for the procedure. You will lie comfortably on your left side during the procedure while the scope is inserted through the rectum until the colon is clearly visible for inspection. Air is pumped into the bowel to keep it open so the scope moves easily. Biopsies of tissue and polyps can easily be removed as needed. The entire procedure usually takes only 15 to 20 minutes. The air that is put in the bowel may cause some abdominal cramping or a bloated feeling. This will disappear within 24 hours. The biopsy causes no pain or side effects.

CANCELLATION POLICY: *Please give a 24-hour notice in the event you need to cancel your scheduled procedure by calling (615) 250-4108. A broken appointment is a loss to everyone. This allows us to offer this time to someone else. If you do not cancel your appointment within this time frame, you may be assessed an administrative fee of \$200.00.*

RESULTS

Your doctor will discuss the colonoscopy results with you after your procedure. If a biopsy or polypectomy was performed, allow at least 10-14 days for your results.

As you may or may not be aware, the HIPAA (Health Insurance Portability and Accountability Act) precludes us from disclosing any information regarding your personal health information to any person other than yourself or your court appointed guardian. If there is someone else with whom you would like us to share the results of your test, you will need to make that known to us in writing. This includes your spouse and children.

QUESTIONS? PLEASE CALL (615) 250-4108

If directions to St. Thomas Medical Group Endoscopy Center are needed please call us at (615) 250- 4108 or visit our website at www.stmgendo.com.