

The Frist Clinic

Dr. Anjali Shah, MD

Please call (615) 342-6081 Monday-Thursday between the hours of 8:00am - 4:30pm Friday 8:00am – 12:00pm if you need to reschedule your appointment. This courtesy will release the time for another patient. If you have an urgent need to reach the on-call provider outside of these hours please call (615) 342-6010.

Preparation for the colonoscopy is important. In order to visualize the inner surfaces of the colon, the large bowel must be very clear. If the stool is present in the colon, the test will be discontinued and rescheduled.

You will need to purchase the following: (items are over the counter so you do not need a prescription)

- One bottle of Miralax powder 238g/8oz bottle
- 4 Dulcolax **laxative** tablets
- 64 oz of Gatorade OR Crystal Light (clear, orange, yellow)

THE DAY BEFORE YOUR TEST

- **Do not drink any dairy products, solid foods, or alcoholic beverages.**
- **Drink only clear liquids for the entire day before your test.**
Examples of clear liquids:
 - Tea without fresh lemon, coffee without cream
 - Apple Juice or White Grape Juice
 - Gatorade (clear, orange, yellow), Kool-Aid (clear, orange, yellow)
 - All soft drinks (coke, sprite, pepsi, ginger ale, 7-up, dr. pepper)
 - Jello (clear, orange, yellow) Kool-Aid type popsicles (clear, orange, yellow)
 - Bouillon (cube only): chicken or beef (no more than 3 for entire day)

HOW TO PREP FOR YOUR COLONOSCOPY

- **Do not have any dairy products, solid foods, or alcoholic beverages.**
- **At 10:00 A.M.** – Take all 4 Dulcolax laxative tablets with 8 oz of water
- **At 7:00 P.M.** – Mix the entire bottle of Miralax powder with 64 oz of refrigerated Gatorade, Crystal Light, or water. Shake or stir until clear. **Only drink 32 ounces of mixture.** Continue clear liquids until midnight. **After midnight do not eat or drink anything EXCEPT the second half of the prep.**
- **At 2:00 AM** the morning of your test, drink the last 32 ounces of your mixture.

REMEMBER:

- You must come in fasting the morning of your test.
- **You may take your morning blood pressure & heart medications with a sip of water.**
- **You need a driver that is 18 years older to take you home.** You will NOT be allowed to drive or work the day of your test. Plan to be here 3 hours. If you use Lyft or Uber you must have someone with you. The hospital will not release you to Uber or Lyft if you are alone
- Bring a list of all of your medications & dosages, your health insurance information, & a photo ID.
- Please inform our office prior to your procedure if you have a latex allergy.
- **If you have had a heart stent placed in the last year, please contact your PCP or cardiologist to get clearance on discontinuing your blood thinner prior to the procedure. Please contact our office after speaking with your PCP or cardiologist.**
- If you have not had a heart stent placed in the last year, but take a blood thinning medication please read this carefully: **If you take Eliquis, Xarelto, or Pradaxa do not take these meds for 48 hours prior to your test. If you take Coumadin, Effient, Plavix, or Brilinta do not take these medications for 5 days before your test.** Do not take ibuprofen, aleve, or other arthritis medication for 5 days prior to your test.
- **Tylenol is ok if you need to take a pain reliever.**
- If you take an evening dose of insulin, take only half of your regular dose. Hold your insulin the morning of the procedure until after the procedure. **If you are taking the following medications, do not take these meds for 7 days prior: Bydureon, Byetta, Mounjaro, Ozempic, Rybelsus, Saxenda, Trulicity, Victoza, Wegovy, Soliqua or Xultophy. If you are taking the medications listed for diabetes, please contact the prescribing physician for clearance.**
- **Do not take any medication with iron for 7 days before your test. This includes multivitamins.**
- **Do not** wear cologne, perfume or scented lotions.

Updated 10/19/2023

MEDICAL PARK BUILDING (TriStar Centennial Medical Center Campus)

330 23rd AVENUE, NORTH, SUITE 400, NASHVILLE

Directions: Take Interstate 40 to downtown Nashville and exit at Charlotte Pike. Take Charlotte Pike West (away from downtown). You will pass the Red Cross on the left. The next street is 23rd Avenue. Turn left on 23rd Avenue. Travel one block and you will see the Medical Park Building on the left. There is free valet parking available at the front of the building. If you want to park yourself, go past the building and turn left onto Murphy Ave. The entrance to the parking garage will be on your left. Watch for blue signs for Medical Park and park in any available unassigned spot. When you get on the elevator go to the opposite side of elevator and press 4 to go to suite 400.

CENTENNIAL MEDICAL CENTER TOWER

2300 PATTERSON STREET, NASHVILLE

Directions: Take Interstate 40 to downtown Nashville and exit at Charlotte Pike. Take Charlotte Pike West (away from downtown). You will pass the Red Cross on the left. The next street is 23rd Avenue. Turn left on 23rd Avenue. Go one block and beneath the second crosswalk is the entrance to the hospital on the right. Park in the underground garage and take the elevators to the 1st Floor or in the B garage and cross Patterson Street to enter the hospital on the 1st floor. Sign in at Patient Registration next to the gazebo.

CENTENNIAL SURGERY CENTER (Located at Centennial Professional Plaza)

345 23rd AVENUE, NORTH, SUITE 201, NASHVILLE

Directions: Take Interstate 40 to downtown Nashville and exit at Charlotte Pike. Take Charlotte Pike West (away from downtown). You will pass the Red Cross on the left. The next street is 23rd Avenue. Turn left on 23rd Avenue. The Professional Plaza Building will be on your right. Parking is located across the street from the Professional Plaza Building.