

THE FRIST CLINIC
Jonathan A. Schneider, M.D.

RECTAL EUS INSTRUCTIONS

Please go to **2300 Patterson St. Nashville TN 37203** and check in at patient registration.

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.

DAY BEFORE PROCEDURE:

- Eat a regular diet up until 4:00pm.
- Start clear liquids at 4:00pm.
Examples of clear liquids are (no red flavors):
 - Tea without fresh lemon, Coffee without cream
 - Apple juice, white grape juice
 - Gatorade (clear, orange, yellow), Kool-Aid (clear, orange, yellow)
 - All soft drinks: Coke, Sprite, Pepsi, Gingerale, 7-UP, Dr. Pepper
 - You may have Jell-o (clear, orange, yellow), Kool-Aid type popsicles (clear, orange, yellow)
 - Bouillon, chicken or beef (please use cube type only and no more than 3 for the entire day)
- **Nothing to eat or drink after midnight.**

MORNING OF TEST:

1. **You may take your morning blood pressure and heart medications with just a sip of water**
2. One (1) hour before leaving home take two (2) fleets enemas rectally (this can be bought over-the-counter at your drug store), hold for 3-5 minutes, then expel the fluid.

REMEMBER:

- **Please inform our office if you have any ALLERGY TO LATEX.**
- **You must bring a driver at least 18 years of age to drive you home.** 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.
- **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.**
- You may continue your Aspirin. Tylenol is ok if you need to take a pain reliever.
- **You may take your morning blood pressure and heart medications with just a sip of water**
- **If you take an evening dose of insulin, take only one half of your regular dose. Hold your insulin the morning of the procedure until after your 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** wear cologne, perfume or scented lotions.

TRISTAR CENTENNIAL MEDICAL CENTER

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. Sign in at Patient Registration next to the gazebo.