

DR. HERRING'S FLEXIBLE SIGMOIDOSCOPY REGULAR PREP

The Two Over-The-Counter Medications You Need Are:

1. Six (6) Dulcolax (Bisacodyl) tablets
2. One (1) bottle of flavored or unflavored castor oil containing at least 90 milliliters.

If your pharmacy does not have the items listed, you may purchase these at:

Deal Drugs

395 Wallace Road

Medical Bldg. B

Nashville, TN 37211

615-834-1398

OR

Any Wal-Mart Pharmacy

DR. HERRING'S FLEXIBLE SIGMOIDOSCOPY PREP

Patient Name: _____

Exam Date: _____ Time: _____ Location: 330 Wallace Road, Suite 103
Nashville, TN 37211
(615) 832-5530

**WE CANNOT GUARANTEE THE AMOUNT OF TIME YOU WILL BE IN OUR FACILITY.
PLEASE ASSUME IT WILL BE MOST OF THE DAY.**

1. Please bring a list of all medications with correct/current dosages.
2. Any regular medication, especially heart, lung, seizure, or blood pressure medication **SHOULD BE TAKEN THE DAY OF THE TEST.**
3. Remove all nail polish. Remove artificial nails, if possible.
4. You will not be able to drive/operate machinery until the next day because you will be legally intoxicated (drunk) after the procedure.
5. **Peritoneal dialysis patients:** Drain all dialysis fluid prior to arriving.
6. If you wear dentures, please do not glue them in.
7. If you have sleep apnea, please bring your CPAP machine.
8. Please do not bring any valuables with you, including jewelry, as we cannot be responsible for them.

Bring 1 or 2 people **only** (due to limited space) with you the day of the test. Your memory will be affected by the medication we give you. Therefore, it is best to bring a relative or good friend to drive you home. Due to time constraints, Dr. Herring will only tell the results of the test to the person who is in the waiting room when called. Family/friends who choose to leave a phone number for patient pick-up will receive results from the nurse and they will be written down.

THE TWO OVER-THE-COUNTER MEDICATIONS YOU NEED ARE:

1. Six (6) Dulcolax (Bisacodyl) tablets
2. One (1) bottle of flavored or unflavored castor oil containing at least 90 milliliters.

1 day before your test. Date: _____

- a. Stay on a clear liquid diet all day.
- b. Clear citrus fruit juices and other juices such as apple, cranberry, or grape. Tea or coffee with no cream, cokes, chicken or beef broth are okay too. Both clear Jell-O and popsicles as long as they are not red.
- c. At 8:00 a.m., drink castor oil 45 milliliters.
- d. With your noon meal, drink castor oil 45 milliliters.
- e. After your evening meal, take 6 Dulcolax (Bisacodyl) tablets. Swallow the tablets whole with a glass of water. You may experience severe cramping with this medication.

The Day of the Test. Date: _____

- a. If your test is scheduled before noon, **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE NIGHT BEFORE YOUR TEST** except a small amount of water to take your regular medication.
- b. If your test is scheduled after noon, you may have clear LIQUID breakfast before 7:00 a.m., but after 7:00 a.m., you should have nothing to eat or drink until after your test except a small amount of water to take your regular medications.
- c. **If you are a diabetic:** Monitor your blood sugar if you know how. If you have questions about how to maintain your blood sugar, please call the office at (615) 832-5530.
- d. Take your regularly scheduled medications but do not take medications specifically used for blood thinning or diabetic pills.

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Please call and leave a message for the nurse at (615) 832-5530 Monday through Friday, 8:00 a.m. to 4:00 p.m., if the following applies to you:

1. **CALL IF YOU ARE ON ANY BLOOD THINNERS:** Effient (prasugrel), Plavix (clopidogrel), Ticlid (ticlopidine), Pradaxa (dabigatran etexilate mesylate), Xarelto (rivaroxaban), Agrylin (anagrelide), Miradon (anisindione), Coumarin (dicoumarol), Coumadin (warfarin), Pletal (cilostazol), Trental (pentoxifylline), Arixtra (fondaparinux), Persantine (dipyridamole), Heparin, Lovenox Injection (enoxaparin), Jantoven (warfarin), Eliquis (apixaban) **AND YOU WERE NOT GIVEN SPECIFIC INSTRUCTIONS WHEN TO STOP IT, CALL US.**
2. **Plavix (clopidogrel) and Effient are stopped 10 days prior to the day of your test. On the same day you stop the Plavix or Effient start taking one (large size) 325 mg aspirin every day.**
3. **If you have any questions.**

**** Calls may be returned in the evening unless it is an emergency situation. ****