

Hard-to Prep Patient Instructions for Colonoscopy Prep
Robert W. Herring, Jr., M.D.

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 THAT IT WILL BE MOST OF THE DAY**

1. Please bring a list of all medications with the 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 have sleep apnea, please bring your CPAP machine.
7. 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 the 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 MEDICATIONS YOU NEED ARE:

One (1) metoclopramide (Reglan) tablet
Six (6) Dulcolax tablets
Two (2) Simethicone tablets, chewable
One (1) gallon of NuLYTELY or Peg 3350.
One (1) gallon of Gatorade (do not get red).
Six (6) sennoside 8.6 mg tablets

7 days before your test. Date: _____

- a. Do not take any aspirin products or iron supplements. You may take Tylenol.
- b. Stop eating any raw vegetables.

2 days before your test. Date: _____

- a. Beginning when you wake up, you may have mostly clear liquids with no red food coloring in them. You should be able to see through a glass of clear liquid. Examples are: water, tea or coffee with no cream, carbonated sodas, clear bouillon, apple juice, Gatorade, Jell-O, or Kool-Aid. Drink as much fluid as possible unless you are on dialysis, in which case drink your normal amount. You may also eat sherbert (be sure it does not contain red food coloring or chunks of fruit).
- b. If you are diabetic: Monitor your blood sugar during the two days prior to your test if you know how. Do not eat or drink all sugar-free products or your blood sugar will get too low. If you have questions about how to maintain your blood sugar during this time, please call the office at (615) 832-5530.
- c. At 8:00 a.m. Take 6 sennoside 8.6 mg tablets.
- d. Refrigerate one gallon of Gatorade.

1 day before your test. Date: _____

- a. Continue to stay on a liquid diet.
- b. **At 6:00 p.m.:** Take 6 orange Dulcolax tablets.
- c. **At 6:00 p.m.** Take the Reglan (metoclopramide) tablet. Mix your NuLYTELY or Colyte with one gallon of water. Taste is improved by using ice water and adding Kool-Aid-like products and sweetener. You may also purchase pre-flavored NuLYTELY. Please disregard the information on the NuLYTELY package that says, "Do not add any other ingredients, flavors, etc." To add these flavorings you will not affect the action of the NuLYTELY. Except, please do not add any red food coloring.
- d. **At 6:00 p.m.** Begin to drink the NuLYTELY or Colyte, 8-12 ounce glasses every 15-20 minutes. Some cramping is normal. You must drink the entire gallon of NuLYTELY or Colyte in order to have good testing. If you cannot drink the NuLYTELY or Colyte because of severe nausea or vomiting, stop the NuLYTELY or Colyte for 30 minutes to one hour and then try again.
- e. If you cannot finish the NuLYTELY or Colyte, buy four (4) 10 ounce bottles of Magnesium Citrate (sometimes called Citrate or Magnesium) and take them. Dialysis patients should not have Citrate Magnesium. If you are a dialysis patient, call the office in the morning for instructions. To have the best test, you must drink all of the NuLYTELY or Colyte. The Magnesium Citrate cannot clean you out as well, so try hard to drink the NuLYTELY or Colyte. The Magnesium Citrate can be purchased at the drug store.
- f. Chew two (2) Simethicone tablets. (If you swallow it, it will not dissolve and, therefore, will be ineffective).

The Day of the Test:

- 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 a 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 medicine.
- c. **If you are a diabetic: Do not take any regular insulin. Take one-half (1/2) of the other types of insulin. Do not take any diabetes pills that lower blood sugar.**

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 are generally returned in the evening unless it is an emergency situation.****

Brochures in your kit are: NGS Inc. Patient Information, Colonoscopy, and Important Information: Endoscopy Centers