



## **HELPFUL TIPS TO PREPARE FOR YOUR PROCEDURE:**

- You will be contacted by our office and/or associates via phone, text, or email to confirm your scheduled appointment. It is VERY important that you confirm your appointment if you plan to make it. **Unconfirmed appointments will be cancelled and removed from the schedule!** In the rare instance you do NOT receive a confirmation call 3 days prior to your procedure, please call us at (423) 929-7111 to confirm your appointment date and time.
- It can be helpful to avoid fried foods, greasy foods, fiber-rich food, leafy greens, corn, and nuts for 3 days prior to your appointment.
- On the day of your procedure... NO Smoking, NO Tobacco Products, NO Chewing Gum, NO Candy, No Diabetic Meds, NO Blood Thinners, NO Iron Products.
- Dress comfortably! Preferably in a short sleeve shirt, but we do recommend layering. You may be allowed to keep a short sleeve shirt and socks on for either procedure.
- You are receiving anesthesia for your procedure. You MUST be accompanied by a friend or relative to drive you. Your driver must check in with you and remain ON OUR PROPERTY until you are discharged into their care. You must NOT drive today. If you do not have a driver, your procedure will be cancelled.
- For colonoscopy: The goal of the prep is to get your colon clean so that your physician can see any abnormalities. When your return is clear or cloudy yellow with some flecks, you are clean. Regardless, complete ALL of your prep. If you are still passing brown stool or brown liquid, you may not be adequately clean. If this happens, call our office before showing up for your appointment so we can guide you in the next steps.
- Irritation from frequent bowel movements can be minimized by applying Vaseline, A&D ointment, or other cream barriers frequently.
- It can be helpful to add Crystal Lite or water enhancers to prep (just NO red, green, or purple). Drinking through a straw can also help. While drinking prep you can suck on a lemon drop, hard candy, or a fresh lemon/lime between glasses to clear aftertaste.
- If you use inhalers, bring them with you to your appointment.
- You will NOT be allowed to bring valuables into the preoperative area. We do not have areas to secure valuables such as cell phones, purses, wallets. We will NOT accept responsibility for any valuables while you are under sedation. \*\*Exception: If you wear a Blood Glucose Sensor that reads out on your phone or other device, you can bring that device with you for monitoring. We also have very limited space for clothing, so large bulky coats and such will need to remain with your driver when you are called back to the preoperative area.