

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

**RECTAL EUS INSTRUCTIONS-IMPORTANT**

PATIENT: \_\_\_\_\_

DAY: \_\_\_\_\_ DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_ PROCEDURE TIME : \_\_\_\_\_

Please go to \_\_\_\_\_ by the time noted above and check in with the receptionist.

Please call (615)-342-6081 Monday-Friday between the hours of 8:00 a.m. and 4:30 p.m. if you need to reschedule your appointment. This courtesy will release the time for another patient.

**ONE DAY BEFORE TEST:**

1. Eat regular diet.
2. **Nothing to eat or drink after midnight (including water).**

**MORNING OF TEST:**

1. Patient's may take their heart and blood pressure medications **at least two to three hours** before the appointment time with a few sips 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.

**Additional items:**

- o **Discontinue taking any type of blood thinners (aspirin, Plavix, Coumadin, Effient, Pradaxa, etc.) for at least FIVE (5) days before the procedure**
- o **Please inform our office if you have any ALLERGY TO LATEX.**
- o **You must bring a driver at least 18 years of age to drive you home.**

**Centennial Medical Center Campus**

2300 Patterson Street  
Nashville, TN 37203

Directions: Take I-40 to downtown Nashville and exit at Charlotte Pike West (away from downtown). Go past Red Cross on the left. Next Street is 23<sup>rd</sup> Ave., turn Left onto 23<sup>rd</sup> Ave. 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 1<sup>st</sup> floor. Sign in at Patient Registration next to the white gazebo. There is free valet parking to the left as you enter into the parking garage.