



COLONOSCOPY PREPARATION INSTRUCTIONS

You have been scheduled for a Colonoscopy at Duke South - Clinic 2H, GI Endoscopy Unit. This is an examination of your lower GI tract (colon). A long flexible tube (colonoscope) will be inserted into your rectum and passed through your colon. Your colon will be examined in detail. Additional procedures may be performed such as taking tissue samples (biopsies) and removing polyps.

Your colon must be clean for us to perform this exam. Please read all of the instructions ahead of time so you can be adequately prepared for this exam.

To ensure your comfort, IV sedation (to make you relaxed) is given for this exam. You must have a responsible companion, a family member or friend (18 or older) to escort you to Clinic 2H, be available during your procedure, be present at the time of your discharge instructions and stay with you for several hours after your procedure. If you come without an escort to the unit, the nurse will need the name and phone number of your escort to verify that they will meet you in Clinic 2H after your procedure. You **cannot** leave the GI unit alone. You **may not go home alone** in a taxi, shuttle van, or bus, as these drivers will not be responsible for you. You cannot drive until the next day if you receive sedation.

If your escort does not accompany you to the unit - or your escort/ driver cannot be confirmed - your procedure unfortunately will be cancelled.

SPECIAL MEDICATION INSTRUCTIONS

We recommend the following medication changes prior to your procedure:

- **Blood-thinning medications** (Coumadin, Ticlid, Plavix, and Lovenox) may need to be discontinued prior to your procedure. Please contact your prescribing physician for instructions well in advance since you may need to be off these drugs 1-10 days, depending on the medicine.
- **Do not take aspirin** or any aspirin products (Alka-Seltzer, BC Powder) 7 days prior to your procedure unless you are taking it for heart disease or strokes. Avoid drugs like Ibuprofen, Nuprin, Advil, Aleve, Motrin or Naprosyn. For any discomfort or headache you may take Tylenol. You may continue to take prescribed arthritis medications.
- **Do not take iron pills** 7 days prior to your procedure.
- Continue to take your other prescribed medications as usual. If you have any questions about your medications, call your prescribing physician.
- **Diabetic patients**
 - If you take an oral hypoglycemic "sugar pill", **do not** take it the day of your procedure.
 - If you are taking insulin, you should only take **half (1/2) of your usual scheduled dose** before your procedure.
- If you have an internal defibrillator device (**AICD**) please call (919) 684-6437. You will need to know the name brand of your device prior to your procedure.
- If you have a **latex allergy** please call (919) 684-6437.
- If you have a **language barrier or communication issue**, call (919) 684-6437.

GUT LAVAGE PREP

You will need to drink a laxative solution (called gut lavage) to clean your colon prior to your colonoscopy or rectal EUS. Gut lavage solution requires a prescription. There are several brands on the market (GoLyteLy, NuLYTELY, and CoLyteLy). All brands must be purchased from your pharmacy in advance. Some come with flavor packets. If yours does not come with a flavor packet, you may add 1 or 2 packages of sugar-free drink mix. **It is important that you follow a clear liquid diet the day before your colonoscopy.**

Two days before your exam:

Fill your prescription for gut lavage.

The day before:

- ◆ Breakfast - clear liquids only. Add water to the "fill line" of your gut lavage container. Add flavor packet. Mix and refrigerate.
- ◆ Lunch - clear liquids.
- ◆ Dinner - clear liquids.
- ◆ At 6:00 PM, drink one glass of your prep solution every 15 minutes until the jug is empty. Some may find it difficult to drink that much fluid so quickly. If so, you may drink it slower and take brief rest periods. You should start going to the bathroom within the hour. Your last bowel movement should be clear to yellow liquid with no solid material.
- ◆ You may continue drinking clear liquids until midnight if you desire.

The morning of your procedure:

Take all of your medications **except** those listed on page one. If your procedure is in the afternoon, you may have one glass of clear fluid before 7:00 AM.

CLEAR LIQUID DIET LIST

Beverages:

- ◆ Soft drinks - orange, ginger ale, cola, Sprite, 7-Up, Gatorade, Kool-Aid
- ◆ Strained fruit juices without the pulp - apple, white grape, orange, lemonade
- ◆ Water, tea, or coffee (no milk or non-dairy creamer)

Soups:

- ◆ Low sodium chicken or beef bouillon/broth

Desserts:

- ◆ Hard candies
- ◆ Jell-O (lemon, lime or orange; no fruit or toppings)
- ◆ Popsicle (no sherbets or fruit bars)