

COLONOSCOPY PREPARATION INSTRUCTIONS

You have been scheduled for a Colonoscopy with Duke Gastroenterology. This is an examination of your large intestine (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.

Please read all the instructions ahead of time so you can be adequately prepared for this procedure. Duke Gastroenterology performs colonoscopy at several locations. Please refer to the cover letter to verify the location of your appointment.

For questions regarding your appointment or preparation, please call (919) 684-6437.

To ensure your comfort, IV sedation can be given for this exam (to make you relaxed). If you want sedation, you must have a responsible companion, family member, or friend, 18 years of age or older escort you the endoscopy suite, be available during your procedure, be present at the time of your discharge, drive you home, 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 at the end of the procedure. You **may not go home alone** in a taxi, shuttle van, or bus, as these drivers will not be responsible for you. If you receive sedation, you may not drive until the next day.

If your escort does not accompany you to the unit, or your escort/ driver cannot be contacted, your procedure unfortunately will be rescheduled.

SPECIAL MEDICATION INSTRUCTIONS

We recommend you make the following medication changes prior to your procedure:

- **Blood-thinning medications** (such as Coumadin, Ticlid, Plavix, Persantine, Aggrenox and Lovenox) may need to be discontinued prior to your procedure. **Please contact your prescribing physician** for instructions well in advance; you may need to be off these drugs **up to 10 days** prior to your procedure.
- **Unless prescribed by your physician**, please avoid the following medicines if possible: aspirin, aspirin products (e.g. Alka-Seltzer, BC Powder, etc.) or non-steroidal anti-inflammatory drugs (e.g. Ibuprofen, Nuprin, Advil, Alleve, Motrin, etc.) for 5 days prior to your appointment.
- **Do not take iron pills** for 7 days prior to your procedure.
- **Continue to taking your other prescribed medications (e.g. blood pressure pills) 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 insulin dose** before your procedure.
- If you do not speak English or have difficulty communicating, please call (919) 684-6437.

MoviPrep Instructions

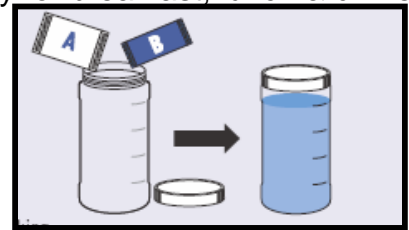
You will need to drink a laxative solution (called MoviPrep) to clean your colon. You must complete the entire prep to ensure the most effective cleansing. Purchase one MoviPrep kit from your pharmacist using the enclosed prescription. **It is important that you eat only clear liquids the day BEFORE and the day OF your colonoscopy.**

Two days before your colonoscopy: Fill your prescription for MoviPrep. If you tend to be constipated, or sometimes need laxative, take 2 tablespoons of Milk of Magnesia at 8 PM.

One day before your colonoscopy: No solid food - Clear liquids only for breakfast, lunch & dinner.

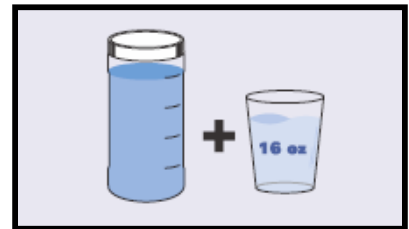
Morning: Prepare your MoviPrep solution

1. Empty 1 pouch A and 1 pouch B into the disposable container
2. Add lukewarm water to the top line of the container. Mix to dissolve. Refrigerate.



Evening: Begin your prep at 6:00pm

3. The MoviPrep container is divided by four marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete.
4. Drink 16 ounces of the clear liquid of your choice. You may start going to the bathroom after only a couple of glasses, **but** be sure to drink **ALL** of the solution.
5. Continue drinking clear liquids until bedtime. Prepare the second container of MoviPrep and refrigerate.



Day of your procedure: At least four hours before your procedure, **repeat steps 3 and 4.** Continue drinking clear liquids **up to 2 hours before** your procedure, then nothing by mouth.

CLEAR LIQUID DIET LIST

Beverages:

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

Soups:

- Chicken or beef bouillon/broth

Desserts:

- Hard candies
- Jell-O (lemon, lime or orange; no fruit or toppings)
- Popsicle (no sherbet or fruit bars)
- **Do not** eat or drink anything colored **red** or **purple**