

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 several days 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 will be given for this exam (to make you relaxed). You must have a responsible adult companion with a valid driver license on site throughout your entire procedure, and stay with you for several hours after your procedure. We discourage children in patient care areas. You **may not go home alone** in a taxi, shuttle van, or bus, as these drivers will not be responsible for you. You may not drive until the next day. **Please plan to be in our unit approximately 2-3 hour's total.**

If your escort does not accompany you to the unit, 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) 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 **5 to 10 days** prior to your procedure.
- **Do not take iron pills** for 7 days prior to your procedure.
- **Continue 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 have an internal defibrillator device (**AICD**), please bring your card to give to the nurse. You will need to know the name brand of your device prior to your procedure.