

Prep Kit Instructions

[Instructions continued from inside.]

Evening Before Procedure

At 5:00pm start drinking the laxative liquid solution. Drink one 8oz glass every 10 minutes until HALF the solution is gone. Put the remaining HALF back in the refrigerator.

BE NEAR A TOILET! You may experience some cramping, bloating and definite diarrhea, loose and watery stools. This is normal and may last for a few hours.

Day of Procedure

5 HOURS prior to arriving to the hospital, drink the remaining laxative solution. Drink one 8oz glass every 10 minutes until the solution is gone.

DO NOT CONSUME ANY SOLID FOOD UNTIL AFTER THE PROCEDURE

Questions?

If you are confused by anything you have read here, or if you have any questions please feel free to contact us at info@raoufimd.com or (805) 740-6633.

Your Opinion

Thank you for choosing Dr. Rahim Raoufi, MD as your gastroenterologist. Your comfort and satisfaction is his top priority.

Please direct any comments, compliments to our office at info@raoufimd.com or (805) 740-6633.

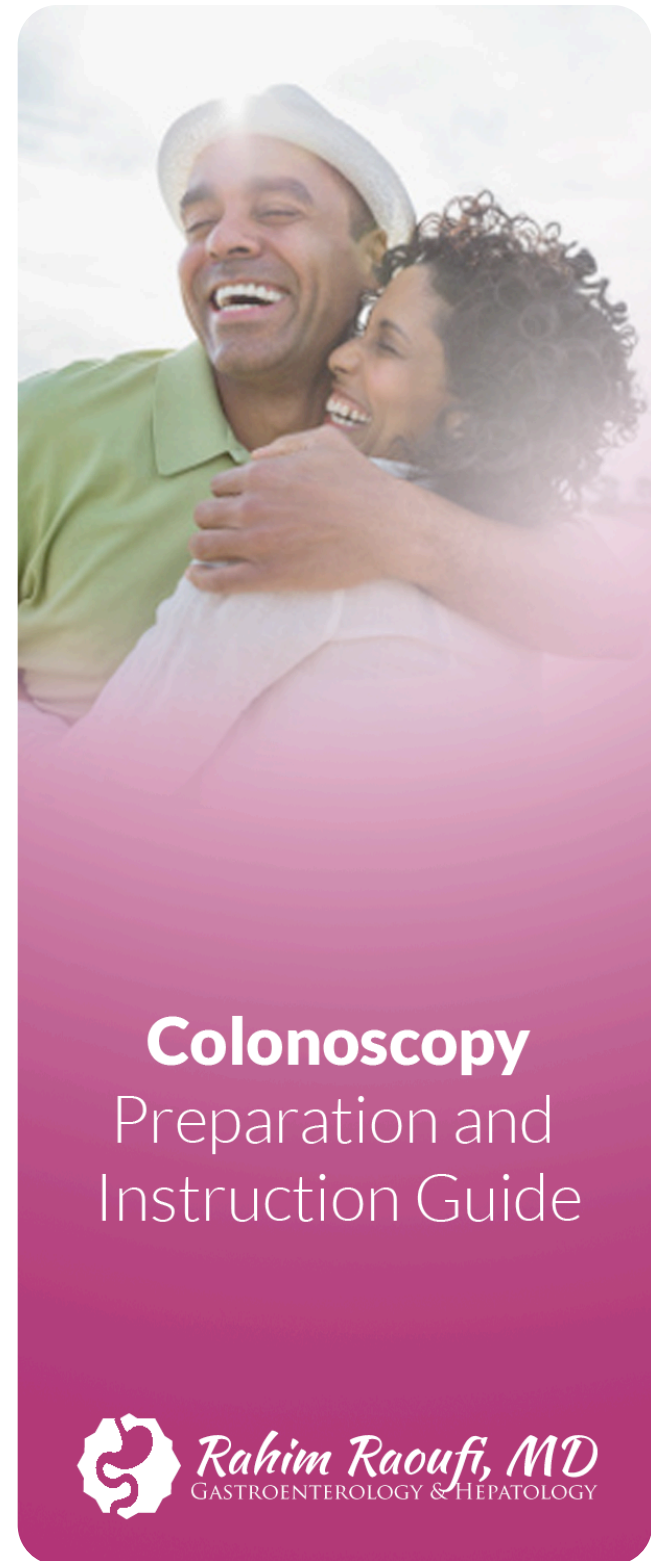


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Colonoscopy Preparation and Instruction Guide



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Before Procedure

Please follow these directions. They are **required** before the date of your procedure.

You must pre-register at the Lompoc Valley Medical Center at least one (1) week prior to your procedure. Please bring the order we gave you, to the hospital. *[This does not apply if you are a deep sedation patient and have a pre-appointment scheduled with the hospital.]*

Your procedure date and time are subject to change. Either our office or the hospital surgery department will be in contact with you to confirm any changes.

All of your Lab work must be done within one (1) month prior to your procedure.

Pickup your procedure preparation kit from your pharmacy within one (1) week after your consultation appointment. The pharmacy will not hold it longer than a week.

Arrive at the hospital one (1) hour prior to your appointment time.

Day Of Procedure

Please make sure you have arranged ahead of time for a responsible adult (age

18 or over) to drive you home after the procedure.

Food and Drinks

Do not have any solid foods or dairy products after midnight the day before your procedure.

You may have clear liquids until 4 HOURS before your procedure.

You may brush your teeth.

If you are a Diabetic

To avoid dangerously low blood sugar, please do not take your oral medications for your diabetes or your insulin on the morning of your procedure. You can resume your diabetes medications after the procedure, once you have eaten. If you are taking insulin, please check with your doctor as to the best way to manage your blood sugar. Please bring your insulin with you.

Medications

You should take your vital medications, including heart, blood pressure, thyroid and seizure medications as directed.

If you are taking Asprin, Plavix, Iron, Coumadin, or NSAides, it may need to be stopped prior to your procedure. Please

ask the doctor. These medications are usually stopped several days before your procedure.

You will receive sedation for the procedure.

Prep Kit Instructions

Do not follow the directions that come with the bowel prep kit from your pharmacy!

FOLLOW THESE DIRECTIONS ONLY!

Day Before Procedure

You may only drink CLEAR liquids only! No food, alcohol or dairy products. You cannot drink anything that is colored RED, ORANGE or PURPLE.

You may have a Vanilla Ensure or a Boost (Not Ensure Plus or with fiber) as a meal supplement.

If you are diabetic, you may use Glucerna as a meal supplement. *[This does not apply if you are a Deep Sedation patient.]*

Use a split dose of GoLytely, Trilyte, NuLytely, or Colyte.

To prepare solution, fill container to the FILL mark with water. Cover and shake to dissolve. All solutions are clear and colorless. Put in refrigerator.