

YOUR PROCEDURE IS SCHEDULED FOR:

Date: _____ Time: _____ am/pm

Location: _____

Register at hospital/clinic by _____ am/pm

(Physician's office)

The use of a purgative is required before your exam or surgery. **Purg-Odan™**, which is recommended by your physician, is available without a prescription at your local pharmacy. **Stay close to a toilet after you take this medicine as it can start working within 1 to 4 hours.**

TIPS:

- ✓ The 2 sachets should be taken 6 to 8 hours apart.

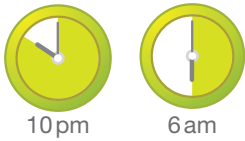
e.g. Morning endoscopy:

1st sachet = 2 pm
2nd sachet = 8 pm



e.g. Afternoon endoscopy:

1st sachet = 10 pm
2nd sachet = 6 am



- ✓ The last sachet should be taken at least 6 hours but no longer than 14 hours before the procedure.

- ✓ Diabetic patients may also drink fiber-free Ensure®.

PLEASE ADVISE YOUR DOCTOR IF YOU ARE TAKING:

- Aspirin®(ASA), or medications containing ASA:
- Anticoagulants such as Coumadin® (warfarin):
- Platelet aggregation inhibitors such as Plavix™ or Ticlid™:
- Iron supplements or multivitamins containing iron:
- Diabetes medications:
- Other medications:

HOW TO TAKE PURG-ODAN™

- Start taking **Purg-Odan™** one day before the procedure.

- Take the **FIRST** sachet of **Purg-Odan™** Date: _____ at _____

a. Empty the contents of the sachet into a mug or coffee cup.

b. Add approximately 150 mL (5 oz) of cold water.

c. Stir frequently for 2 to 3 minutes until all the powder has dissolved. If the mixture heats up, let it cool. Continue to stir while it cools, then drink it.



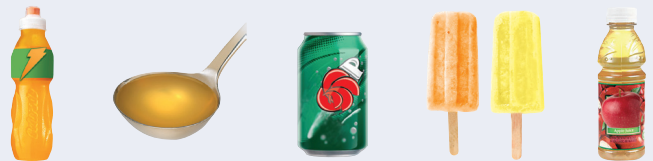
- It is important to rehydrate by drinking at least 6 large glasses of clear fluids* over the 4 hours following each **Purg-Odan™** sachet.



*Along with water, you must also drink other clear fluids such as sports drinks like Gatorade™ or Powerade™, chicken or beef broth without parsley, white sodas, popsicles, pulp-free juices, etc.

DO NOT drink dark colored liquids, especially red or purple. No milk, cream or soy is allowed. No solid foods allowed.

DRINK PLENTY OF FLUIDS! (NOT ONLY WATER)



- Continue drinking a 250 mL (8 oz) glass of clear fluid, including water, every hour while you are still feeling the effects of **Purg-Odan™**.

- Take the **SECOND** sachet of **Purg-Odan™** Date: _____ at _____
 - Repeat steps **2a.** to **4.** for the 2nd sachet.

- You can drink a small amount of water to satisfy your thirst up to 3 hours before the procedure.

SPECIAL INSTRUCTIONS:

Definition of a colonoscopy

A colonoscopy is a procedure to examine the inside of the colon (large intestine). This test uses a colonoscope, which is a flexible tube with lenses, a tiny video camera and a light at the end. Through fiber-optic technology and a video computer chip, the colonoscope can scan the lining of the colon and transmit images to a video screen. The colonoscopy procedure can take up to 1½ hours and is performed in a hospital as an outpatient procedure, where the doctor checks your colon for bleeding, ulcers, abnormal growths (polyps) or cancer. It can also identify the source of rectal bleeding or areas of inflammation in the colon. A device at the end of the colonoscope may be used to take a biopsy of the tissue in the colon. If a polyp is found, it may be removed using a tool attached to the colonoscope. Both biopsies and polyps will be sent to a laboratory for further testing.

How to prepare for a colonoscopy

In order for the doctor to get a good look at the intestinal wall, the colon must be empty. A strong purgative should be taken prior to the procedure to clean the colon. (Please follow specific instructions on how to use PURG-ODAN as explained on the other side of this sheet).

Before undergoing the procedure, advise your physician of any medical conditions you may have related to heart or lung disease, allergies, or if you have been administered antibiotics before other procedures, or other medical condition that may require special attention.

You will be sedated to lessen any discomfort so you should arrange for someone to take you home and help you to follow instructions following the procedure. Do not drive or operate machinery for the rest of the day, even if you feel better, as you are considered legally impaired.

What to expect during the procedure

You will be asked to dress in a hospital gown. A nurse will ask you a few questions, give you a consent form to sign and will take your temperature, blood pressure, pulse and respiratory rate (number of breaths per minute).

Next you will be asked to lie on your side on the exam table. An intravenous line may be set up, as many patients are uncomfortable with this test. Medications will be given to limit any discomfort experienced during the procedure that will help you relax but not cause you to fall asleep.

To get a clearer view, the doctor may pump air through the colonoscope to open up the intestinal passage, this will reflect into abdominal pressure or cramps, which will disappear after the exam is finished.

After the procedure, you will be taken to the recovery room until the effects of the intravenous medications wears off.

What are the risks?

Colonoscopy is a safe procedure with a very low risk when performed by special trained physicians. However, possible complications may occur:

- There is a risk that the bowel could get punctured during the procedure, but it is uncommon, about 1 in 1,500.
- Bleeding may occur following the test - 1 in 2,000 or following the removal of a polyp - 1 in 500.
- Allergic reactions: urticaria, rashes, fever or difficulty in breathing due to the intravenous medications.
- A lump may develop where the i.v. is placed. It may stay for several months but eventually it will go away. You may apply heat packs or hot (moist) towels to relieve discomfort.
- Very rare cases of heart problems or a stroke can occur in a patient with medical problems.
- No test in medicine is perfect. Rarely polyps and cancers are missed.

Call your doctor immediately if you experience nausea, vomiting, cramps, abdominal pain, fever or chills, severe headache, muscle aches, rectal bleeding, faintness, dizziness, shortness of breath, heart palpitations, or go to the Emergency Department of the nearest hospital immediately.