Colonoscopy: Gastroenterology Procedure Unit

Screening Saves Lives

Colorectal Cancer is the second leading cancer killer in the United States. If you are 45 or older or have a family history of cancer, getting a colorectal screening can save your life.

- Colorectal Cancer often starts from a non-cancerous growth called a polyp that is in the rectum or colon.
- A colonoscopy can find **polyps** so that they can be removed before they turn into cancer.
- A colonoscopy can also find colorectal cancer early when the chances of being cured is good.

Preparing For Your Exam: What to Bring

- A family member or friend (18 or older) to drive you home. You can take a cab, medical transport or bus only if a family member or friend is riding with you after your visit.
- All medications you take, even over the counter medications
- Any vitamins and supplements you take
- Your insurance card

Medications

Call your doctor for medication instructions at least **one week before** your exam if you:

- Take diabetes medication
- Have a heart valve replacement
- Take Plavix, Brilinta or Aggrenox, or any other antiplatelet medications
- Take Coumadin (Warfarin), Xarelto, Pradaxa, Eliquis, Savaysa or other blood thinning medications
- Continue taking Aspirin unless told not to

GoLytely and Nulytely Bowel Prep

7 Days Before Your Exam

- **Do not** eat any raw fruits, raw vegetables, quinoa, corn, seeds or nuts and no dairy.
- Stop iron and fiber supplements.
- Plan for your ride home.

• Eat lighter meals.

5 Days Before Your Exam

Fill your bowel prep prescription and review these instructions.

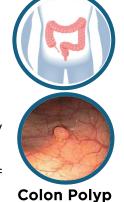
The colon must be cleared of all solid mater so that the doctor can see clearly. If your colon is not clean your exam may be cancelled.



2 Days Before Your Exam

- **Do not** eat any raw fruits, raw vegetables, quinoa, corn, seeds or nuts and no dairy.
- Refrigerate bowel prep solution





Colonoscopy: Preparing for Your Exam The Day Before Your Exam Do not eat any solid food. Begin clear liquid diet in the morning. • Examples of clear liquids are: clear broth • Drink at least 8 glasses of water or (chicken or beef), water, apple juice, clear liquid to stay hydrated. Gatorade, popsicles and coffee or tea • **Do not** have any carbonated drinks. (no milk or creamer). • **Do not** have any red, orange, blue or You can have hard candy. purple colored liquids. 6pm The Day Before Your Exam Do not eat any solid food. Start drinking bowel prep. • Drink 1 cup (8 ounces) of Bowel Keep the other half of Bowel Prep Solution Prep Solution every 15 minutes refrigerated. • Do this until half of it is finished. • If you throw up, wait 30 minutes and begin Finish the solution within 2 hours. drinking $\frac{3}{4}$ of a cup (6 ounces) every 15 minutes until half of the bottle is finished. • Drink the dose quickly. • Rinse your mouth with water or mouthwash. Tips • Try drinking with a straw. • Suck on hard candy. **5 Hours Before Your Exam** Take your doctor approved medication. You can take aspirin, blood pressure medication, prednisone or other steroids. • Drink the rest of the Bowel Prep Solution (half bottle) 1 cup every 15 minutes until the bottle is empty. Finish the solution within 2 hours after you start drinking it. Do not skip this step. It is important to get the cleanest colon for a successful exam. You may have to wake up very early if your exam is in the morning. • Your stool should be a clear yellow liquid. 2 Hours Before Your Exam

Do not eat or drink anything or your exam may be cancelled.

Arrive for your exam at the time given to you by our healthcare team. The time your exam starts may change.

- UChicago Medicine AdventHealth Bolingbrook
 500 Remington Boulevard, Bolingbrook, IL 60440 (630) 312-5000
- UChicago Medicine AdventHealth Hinsdale
 120 North Oak Street, Hinsdale, IL 60521 (630) 856-9000

Advent Health