

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.



Colon Polyp

- 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 are taking, 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

OsmoPrep Bowel Prep

7 Days Before Your Exam

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

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.

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 (chicken or beef), water, apple juice, Gatorade, popsicles and coffee or tea (no milk or creamer). You can have hard candy.
- **Do not** have any carbonated drinks.
- **Drink at least 8 glasses of water** or clear liquid to stay hydrated.
- **Do not** have any red, orange, blue or purple colored liquids.

6pm The Day Before Your Exam

Do not eat any solid food. Start taking the bowel prep.

- Take 4 OsmoPrep tablets with 1 cup (8 ounces) of clear liquids every 15 minutes.
- Do this until you have taken a total of 20 OsmoPrep tablets.
- Continue to drink plenty of clear liquids.



Tips

- Drink the dose quickly.
- Rinse your mouth with water or mouthwash.
- Try drinking with a straw.
- Suck on hard candy.

5 Hours Before Your Exam

- You may have to wake up very early if your exam is in the morning.
- Take your doctor approved medication.
- You can take aspirin, blood pressure medication, prednisone or other steroids.
- **Take 4 OsmoPrep tablets with 1 cup (8 ounces) of clear liquid every 15 minutes. Do this until you have taken a total of 12 OsmoPrep tablets.** Do not skip this step. It is important to get the cleanest colon for a successful exam.
- Continue clear liquid diet until 2 hours before your appointment time.
- 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.

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