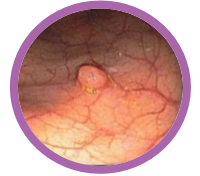


# Colonoscopy Gastroenterology Procedure Unit

## 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.



Colon Polyp

## 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

## SuPrep 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.
- Eat lighter meals.
- 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 matter 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

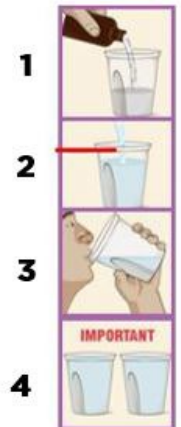
**Do not eat any solid food. Begin clear liquid diet in the morning.**

- **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.
- **Drink at least 8 glasses of water** or clear liquid to stay hydrated.
- **Do not** have any carbonated drinks.
- **Do not** have any red, orange, blue or purple colored liquids.

## 6pm The Day Before Your Exam

**Do not eat any solid food. Start drinking bowel prep**

- **Step 1:** At 6pm, pour 1 bottle of SuPrep (6 ounces) into the mixing container.
- **Step 2:** Add cool drinking water up to the red line of the mixing container. This is the 16 ounce line. Mix water and SuPrep together.
- **Step 3:** Drink all of the required SuPrep.
- **Step 4:** Within the next hour drink 2 of the 16 ounce glasses of plain water.



### Tips

- Drink the dose quickly.
- Try drinking with a straw.
- Rinse your mouth with water or mouthwash.
- 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.
- **Repeat Steps 1 to 4 from above.** Do not skip this step. It is important to get the cleanest colon for a successful exam.
- 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**  
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- **UChicago Medicine AdventHealth Hinsdale**  
120 North Oak Street, Hinsdale, IL 60521 **(630) 856-9000**