### Screening Saves Lives

Colorectal Cancer is the second leading cancer killer in the United States. If you are 50 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

- An adult (18 years or older) to drive you home. You can take a cab, medical transport or bus only if an adult is riding with you after your visit.
- All medications you are taking even over the counter medications, vitamins and supplements
- 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

#### 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.**

#### 3 Days Before Your Exam

- **Do not** eat any raw fruits, raw vegetables, seeds or nuts and no dairy.
- Stop iron and fiber supplements
- Plan for your ride home
## Colonoscopy: Preparing for Your Exam

### 2 Days Before Your Exam
- **Do not** eat any raw fruits, raw vegetables, seeds or nuts and no dairy.
- Refrigerate bowel prep solution

### 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, coffee or tea (no milk or creamer), 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 red or purple liquids**

### 6pm The Day Before Your Exam
**Do not eat any solid food. Start drinking bowel prep**
- **Drink 1 cup (8 ounces) of Bowel Prep Solution every 15 minutes**
- **Keep the other half of Bowel Prep Solution refrigerated.**
- **If you throw up, wait 30 minutes and begin drinking ¾ of a cup (6 ounces) every 15 minutes until half of the bottle is finished.**

**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
- 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 to your exam 1 hour before the appointment time. Center for Care and Discovery (CCD) 7th Floor 5700 S. Maryland Ave, Chicago, IL (773) 702-8402**