## 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

- An adult (18 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 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

#### 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

#### 2 Days Before Your Exam

- **Do not** eat any raw fruits, raw vegetables, 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 (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 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**
- **Do this until half of it is finished. Finish the solution within 2 hours.**
- **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.

To make, change, or cancel an appointment, call (773) 702-6767.

- **Hyde Park Location:** Center for Care and Discovery (CCD) 7th Floor
  5700 South Maryland Ave, Chicago, IL 60637  **(773) 702-6767**
- **Tinley Park Location:** Ingalls Family Care Center, Entrance C
  6701 West 159th Street Tinley Park, IL 60477  **(708) 429-0222**
- **River East Location:** UChicago Medicine River East
  355 East Grand Ave, Chicago, IL 60611  **(773) 702-6140**
- **Orland Park Location:** 14290 South Lagrange Road,
  Orland Park, IL 60462  **(773) 834-9445**