



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 chances of being cured is good.



Colon Polyp

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.
- 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

MiraLAX Bowel Prep

5 Days Before Your Exam

Purchase these medications for your bowel prep at your local pharmacy and review instructions. Read these instructions.

- 8.3oz bottle of MiraLAX (238 grams), Glycolax or PEG 3350 (generic)
- 64 ounces of Gatorade or other sports drink (not red or purple color)
- Bisacodyl 5mg (Dulcolax laxative tablets)



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.

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.

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

At 12 Noon The Day Before Your Exam

- Take 2 Bisacodyl tablets (Dulcolax laxative)
- Mix the entire bottle of MiraLAX in a large pitcher with the Gatorade. Cover and refrigerate.

6pm The Day Before Your Exam

Do not eat any solid food. Start drinking bowel prep

- Drink 1 cup (8 ounces) of MiraLAX mixture every 15 minutes
- Do this until half of it is finished. Finish the mixture within 2 hours
- Cover and refrigerate the other half of the MiraLAX mixture. You will drink this in the morning.
- If you throw up, wait 30 minutes and begin drinking $\frac{3}{4}$ 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 MiraLAX mixture (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.

- Hyde Park Location:** Center for Care and Discovery (CCD) 7th Floor
5700 South Maryland Ave, Chicago, IL 60637 **(773) 702-8402**
- 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 **(888) 824-0200**