**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 chances of being cured is good.

## Preparing For Your Exam: What to Bring

<table>
<thead>
<tr>
<th>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.</th>
<th>All medications you are taking, even over the counter medications.</th>
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<tbody>
<tr>
<td>Any vitamins and supplements you take</td>
<td>Your insurance card</td>
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## 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 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.
**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**

### 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
  - Cover and refrigerate the other half of the MiraLAX mixture. You will drink this in the morning.
- Do this until half of it is finished. Finish the mixture within 2 hours
  - 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 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 Maryad 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**
- **Orland Park Location:** 14290 South Lagrange Road, Orland Park, IL 60462  **(773) 834-9445**