



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.



Colon Polyp

- 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

Plenvu Bowel Prep

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.**



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

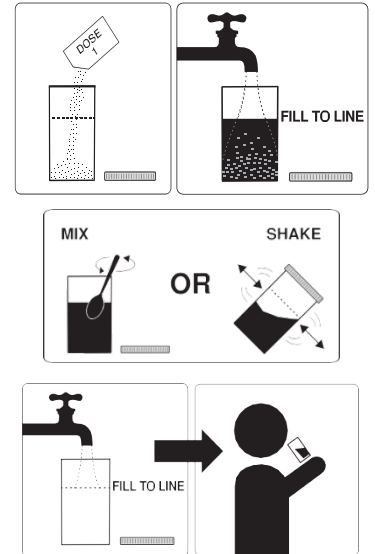
Step 1-A: Empty Dose 1 into the mixing container that comes with your PLENVU.

Step 1-B: Add at least 16 ounces of water to the fill line.

Step 1-C: Mix the water and PLENVU together until it is completely dissolved by shaking or using a spoon. This may take 2 to 3 minutes.

Step 2: Drink all the mix (Dose 1) slowly over the next 30 minutes. If you have bad stomach pain, stop taking PLENVU for a short time. Try again and take smaller sips so your dose is spaced out longer than 30 minutes. If you still have pain, call your doctor.

Step 3: Rinse the mixing container with water. Refill to the fill line at least 16 ounces of clear liquids. Drink over the next 30 minutes. Continue to drink clear liquids until the next dose.

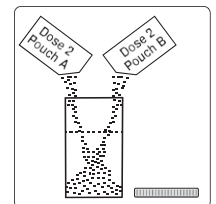


5 Hours Before Your Exam

- Take your doctor approved medication. It is okay to take aspirin, blood pressure medication, prednisone or other steroids.

Step 4: Rinse the mixing container with water. Follow **Steps 1, 2 and 3** using both Dose 2 packets (Pouch A and Pouch B). **It is important that you drink other clear liquids, but you must stop drinking all liquids 2 hours before your colonoscopy.**

- Do not skip this step. You must get the cleanest colon for a successful exam.
- Keep a clear liquid diet until 3 hours before your appointment time.
- 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**