



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 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

SUTAB 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.

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

Dose 1: 6pm The Day Before Your Exam

Step 1: Open 1 bottle of 12 tablets.

Step 2: Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water. Drink all 16 ounces of water within 15 to 20 minutes.



Important: If you have symptoms like you want to throw up, bloating, or cramping, stop or slow down drinking water until your symptoms lessen.



Step 3: About 1 hour after taking the last of the 12 tablets, fill the container again with 16 ounces of water (up to the fill line). Drink it all within 30 minutes.

Step 4: About 30 minutes after drinking the second container of water, fill it again with 16 ounces of water (up to the fill line). Drink it all within 30 minutes.

Dose 2: 5 Hours Before Your Exam

You may have to wake up very early if your exam is in the morning.

Take your doctor approved medication. You can take aspirin, blood pressure medication, prednisone or other steroids.

The morning of the colonoscopy, open the second bottle of 12 tablets (5 to 8 hours before your colonoscopy and at least 4 hours after starting Dose 1).

Repeat Step 1 to Step 4 from Dose 1

Important: You must take all SUTAB tablets and all the water at least 3 hours before your colonoscopy.

Continue clear liquid diet until 3 hours before your appointment time.

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, Illinois 60477 **(708) 429-0222**
- River East Location:** UChicago Medicine River East
355 East Grand Ave, Chicago, IL 60611 **(888) 824-0200**