

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.



Colon Polyp

Planning for Your Exam

You must do a bowel prep before this exam. The colon must be cleared of all solid matter so that the doctor can see clearly. **Your exam may be cancelled if your colon is not clean.**

An adult (18 or older) must take you home after your exam. You can take a cab, medical transport, or bus only if an adult is riding with you after your visit.

What to Bring:

- 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 2 Day Bowel Prep

5 Days Before Your Exam

Carefully read and follow these instructions. Call your care team with any questions.

Fill your bowel prep prescription. You will get 2 bottles of liquid prep to drink. You will need to buy over the counter 20mg bisacodyl (Dulcolax[®]) tablets from a drug store.



3 Days Before Your Exam

- **Do not** eat any raw fruits, raw vegetables, seeds or nuts and no dairy
- Mix and refrigerate the bowel prep solution
- Stop iron and fiber supplements
- Plan for your ride home

Colonoscopy: Preparing for Your Exam

2 Days Before Your Exam: Stop Solid Food, Start Clear Liquids

Examples: clear broth (chicken or beef), water, apple juice, Gatorade, popsicles and coffee or tea (no milk or creamer). You can have hard candy. **No Red or Purple Liquids.**

The Day Before Your Exam: Clear Liquids and Bowel Prep

Keep drinking clear liquid diet. No solid food.

12 Noon on the Day Before Your Exam

- **Take 2 (20mg) Dulcolax tablets**
- **Drink 2 liters liquid bowel prep (half a bottle)**
 - Drink 1 cup (8 ounces) of liquid bowel prep every 15 minutes
 - Finish half a bottle of the liquid within 2 hours.
 - Keep the other half of liquid bowel prep cold.
 - 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.

Prep Tips

- Drink the dose quickly.
- Try drinking with a straw.
- Rinse your mouth with water or mouthwash.
- Suck on hard candy.

6pm The Day Before Your Exam

Drink 2 more liters of liquid bowel prep as above. Have clear liquids, no solid food.

5 Hours Before Your Exam

- You may have to wake up very early if your exam is in the morning.
- **Drink 2 more liters of the liquid bowel prep as above.** Finish 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. Your stool should be a clear yellow liquid.
- Take your doctor approved medication. You can take aspirin, blood pressure medication, prednisone or other steroids.

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) 795-4662**
- ☐ **Orland Park Location:** 14290 South Lagrange Road,
Orland Park, IL 60462 **(773) 834-9445**