Colonoscopy Instructions and Bowel Prep

To Make an Appointment

- For Hyde Park, Hinsdale, Northbrook, Orland Park, River East: Call **(773) 702-6767**
- For Crown Point: Call **(219) 407-5807**

UChicago Medicine Procedure Locations

- **Crown Point:** 10855 Virgina St. Crown Point, IN 46307 **(219) 407-5807**
- **Hinsdale:** 10 Salt Creek Lane Hinsdale, IL 60521 **(773) 702-6767**
- **Hyde Park:** Center for Care and Discovery (CCD) 7th Floor
  5700 South Maryland Ave, Chicago, IL 60637 **(773) 702-6767**
- **Northbrook:** 400 Skokie Blvd. Suite 300 Northbrook, IL 60062 **(773) 795-2580**
- **Orland Park:** 14290 South Lagrange Road, Orland Park, IL 60462 **(773) 834-9445**
- **River East:** 355 East Grand Ave, Chicago, IL 60611 **(773) 795-4662**
- **Tinley Park:** Ingalls Family Care Center, Entrance C
  6701 West 159th Street Tinley Park, IL 60477 **(708) 429-0222**

Know Your Medication Instructions Before Your Procedure

If you take any of the medications listed below, **call your doctor at least 2 weeks before your exam** for instructions about when to hold them (stop taking until after the procedure).

Hold the following medications as instructed by your doctor:

- **Antiplatelet medications:** Plavix®(clopidogrel), Brilinta® (ticagrelor), Effient® (prasugrel), Ticlid® (ticlopidine), Pletal® (cilostazol) or any other antiplatelet medications
- **Blood thinning medications:** Coumadin® (warfarin), Xarelto® (rivaroxaban), Eliquis® (apixaban), Pradaxa® (dabigatran), or any other blood thinning medication

If you take aspirin, keep taking it unless told not to.

For Diabetes and Weight Loss Medications:

- **Insulin and other diabetic medications:** Check with your doctor about your dose of insulin and diabetic medications needed the day before and the day of your procedure.
- **GLP1 Agonist Medications:** semaglutide (Ozempic®, Rybelsus®, Wegovy®), tirzepatide (Mounjaro®, Zepbound®), liraglutide, (Victoza®, Saxenda®), dulaglutide (Trulicity®), exnatide (Byetta®), lixisenatide, (Adlyxin®)
  - For weekly injections: **Stop taking 7 days before procedure**
  - For daily oral tablets: **Stop taking 24 hours before procedure**
- **SGLT2 Inhibitors Medications:** canaglifozin (Invokana®), dapagliflozin (Farxiga®), empaglifozin (Jardiance®): **Stop taking 3 days before procedure**

You Must Do a Bowel Prep Before This Exam

Fill your bowel prep prescription 1 week before your procedure and read over page 2.

You must have 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.

Make Sure To Bring: your insurance card and a list of all vitamins, supplements, and prescription and over the counter medications you take.

GoLytely® and NuLytely® Bowel Prep

Follow these instructions carefully to remove all solid matter from your colon. **If your colon is not clean, your exam will be cancelled. Call your care team with questions.**

3 Days Before Your Exam

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

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, Sprite®, ginger ale, Gatorade®, coffee or tea (no milk or creamer), Jello®, Italian ice, and popsicles. 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

- Drink 1 cup (8 ounces) of Bowel Prep Solution every 15 minutes
- Do this until half of it is finished. Finish the solution within 2 hours.
- Keep the other half of Bowel Prep Solution refrigerated.
- 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

- **Drink the rest of the Bowel Prep Solution (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.
- Your stool should be a clear yellow liquid.
- You may have to wake up very early if your exam is in the morning.
- Take the medications approved by your doctor.
- You can take aspirin, blood pressure medication, prednisone, or other steroids.

3 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.