

# 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

## Preparing For Your Exam: What to Bring

- A family member or friend (18 or older) to drive you home. You can take a cab, medical transport or bus only if a family member or friend 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

## GoLytely and Nulytely Bowel Prep

### 7 Days Before Your Exam

- **Do not** eat any raw fruits, raw vegetables, quinoa, corn, seeds or nuts and no dairy.
- Eat lighter meals.
- Stop iron and fiber supplements.
- Plan for your ride home.

### 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.**



### 2 Days Before Your Exam

- **Do not** eat any raw fruits, raw vegetables, quinoa, corn, 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 carbonated drinks.
- **Do not** have any red, orange, blue or purple colored 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  $\frac{3}{4}$  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 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.
- 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 for your exam at the time given to you by our healthcare team.**

**The time your exam starts may change.**

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