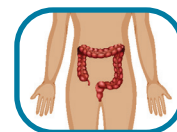


Colonoscopy Gastroenterology Procedure Unit

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 chances of being cured are 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 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

MoviPrep Bowel Prep

7 Days Before Your Exam

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

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 canceled.



2 Days Before Your Exam

- **Do not** eat any raw fruits, raw vegetables, quinoa, corn, seeds or nuts and no dairy.
- Mix and refrigerate the MoviPrep Solution up to 24 hours before your drink it.



**UChicago
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Advent Health

Colonoscopy: Preparing for Your Exam

Mixing the MoviPrep Solution

Step 1: Empty one pouch A and one pouch B into the 1 liter container.

Step 2: Add warm water to the powder and fill to the top line of the container. Mix until the powder is dissolved.

Step 3: Refrigerate MoviPrep Solution.



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, blue, orange or purple colored liquids.

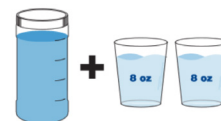
At 6pm The Day Before Your Exam

Do not eat any solid food. Start drinking bowel prep.

Step 4: The container is divided by 4 marks. Every 15 minutes drink the mix down to the next mark. Keep doing this until it is finished. Finish drinking it within 2 hours after you start.

Step 5: Clean the container and mix MoviPrep Solution for tomorrow's second and final dose.

Step 6: Drink 2 cups of any clear liquid



Tips

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

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.
- Repeat Steps 4, 5, 6 from above. Finish drinking it within 2 hours after you start. 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.

2 Hours Before Your Exam

Do not eat or drink anything or your exam may be canceled. Arrive for your exam at the time given to you by our healthcare team. The time your exam starts may change.

UChicago Medicine AdventHealth Locations

500 Remington Boulevard, Bolingbrook, IL 60440 **630-312-5000**

701 Winthrop Avenue, Glendale Heights, IL 60139 **630-545-8000**

120 North Oak Street, Hinsdale, IL 60521 **630-856-9000**

5101 Willow Springs Road, La Grange, IL 60525 **708-245-9000**



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