

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

Two Day SuPrep 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 and make sure you pick up the second bowel prep kit. Purchase Dulcolax pills over the counter. 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 solid food. Begin clear liquid diet in the morning. Drink **ONLY** clear liquids **ALL DAY** for 2 days.

- **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.



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Colonoscopy: Preparing for Your Exam

Day 1 Prep

Step 1: At 8am, pour 1 bottle of SuPrep (6 ounces) into the mixing container.

Step 2: Add cool drinking water up to the red line of the mixing container. This is the 15 ounce line. Mix water and SuPrep together.

Step 3: Drink the full 16 ounces of liquid. Within the hour, drink 2 additional 16 ounces of plain water (a total of 36 ounces of plain water).

At 9:30am, repeat the second dose, following the above steps and drinking the plain water within the hour. **At 1pm,** take 2 Dulcolax pills (purchased over the counter).

Continue drinking clear liquids until you go to bed.



Day 2 Prep

Step 1: At 8am, pour 1 bottle of SuPrep (6 ounces) into the mixing container.

Step 2: Add cool drinking water up to the red line of the mixing container. This is the 15 ounce line. Mix water and SuPrep together.

Step 3: Drink the full 16 ounces of liquid. Step 4: Within the next hour, drink 2 of the 16 ounce glasses of plain water.

At 9:30am, repeat the second dose, following the above steps and drinking the plain water within the hour. **At 1pm,** take 2 Dulcolax pills (purchased over the counter).

Continue drinking clear liquids, making sure you **stop at least 6 hours** before your procedure.

6 Hours Before Your Procedure

Stop drinking clear liquids at **least 6 hours** prior to your procedure.

The Day of Your Procedure

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**

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