



Colonoscopy Preparation

Procedure Date: _____ Time: _____ Arrival Time: _____

Your procedure is scheduled at:

- | | |
|---|--|
| <input type="checkbox"/> Illinois Masonic Hospital Digestive Health Institute Center for Advanced Care 900 West Nelson Street – 1 st Floor Chicago, IL 60657 **All patients will receive free valet** http://www.advocatehealth.com/immc/ | <input type="checkbox"/> Presence Saint Joseph Hospital 331 W. Surf Street 5 th Floor Chicago, IL 60657 http://www.presencehealth.org/presence-saint-joseph-hospital-chicago |
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Preparation Instructions

Colonoscopy is an examination of the inside of your colon and the last part of your small intestine. This will be done with a fiber optic flexible camera, which visualizes your GI tract. The rubber tube with a camera affixed to its end allows surveillance of polyps, which are small growths that eventually can become cancer. These will be removed on the day of the procedure and biopsies will be taken. You will be sedated during your colonoscopy, and your vital signs will be closely monitored.

Your specific instructions vary based on preparation-type. Please click on the link below based on prep type selected:

SUPREP

<http://suprepkit.com/>

Golytely

<http://www.nulytely.com/about-golytely.htm>

Preparation instructions will be provided during your office visit, but additional information can be found on the indicated website.

One Week before the procedure:

Please avoid any **Plavix, Coumadin, Aspirin, Motrin, Ibuprofen** or pain medications, unless discussed with your doctor. Please also hold all iron therapies for 5 days before your procedure. You may take Tylenol in lieu of other medications

One Day before the procedure:

Start preparation as prescribed by doctor:

- Clear liquids all day – NO solid foods (regardless of label on prep kit from pharmacy)**
- Clear liquid diet: A clear liquid is any beverage you can see through that does not contain red or purple colors. Water, Apple juice, Ginger ale, lemon-lime soda, sports drink (eg, Gatorade®*) lemonade are acceptable. You may also have soup broth, jello (green, yellow)

Note: Bloating, abdominal fullness, and nausea are common symptoms to experience while you're preparing for your colonoscopy. If these symptoms persist for more than 1-hour, call your doctor.

SUPREP:

Instructions will be provided by the pharmacist on your box. Please note that you may receive alternative dosing instructions from the office. **You may NOT eat any solid foods 1 day before your procedure.**

Golytely:

You may NOT eat any solid foods 1 day before your procedure. Golytely is a 4 liter container of solution. Take half of the prep at 11am the day before the procedure. Feel free to add (lemon) crystal light or apple/orange juice to golytely if needed. You may take 8oz glasses of solution every 15 minutes until 2 liters are completed.

You will then take the remaining two liters of prep at 7pm the day before the procedure. All prep must be completed. If there is lack of bowel movement after completion, please call the doctor by 11pm. No food or drink other than water or prep after midnight.

Day of the procedure:

- ❑ **DO NOT EAT OR DRINK ANYTHING ON THE DAY OF YOUR PROCEDURE!**
- ❑ If you take medication, you may have it the morning of the procedure with a small amount of water. This means few **SMALL** sips of water. You may brush your teeth
- ❑ Arrive at the Endoscopy Center **ONE HOUR BEFORE** your procedure is scheduled
- ❑ Bring your driver's license, insurance cards and medication list to the Center
- ❑ You must be accompanied by a friend or relative to drive you home. You **MAY NOT** drive, or go home in a taxi or by bus. If this procedure is not followed, your procedure may be cancelled or you may be charged out of pocket for the procedure.
- ❑ **Please note that you should not return to work on the day of your procedure**
- ❑ Special Instructions: Hold morning dose of insulin the day of the procedure. Usual meds for blood pressure, cholesterol, and for chronic health issues may be taken.

All results will be available within one week of the procedure and will be provided to your primary care doctor.

You are also expected to follow up in the office regarding your results. Please make sure to schedule a follow up appointment.

* If your insurance requires pre-certification, or if you have an HMO, please let us know so that we can call and pre-certify you or obtain referral from your Primary Care Physician. All patients are responsible for informing us of *all* pre-certification.

* **Cancellations/no shows less than 72 business hours prior to the procedure will incur a penalty fee of \$150.00.** All cancelations must be made by calling the office at 773-368-3164.