



## Colonoscopy Preparation

Procedure Date: \_\_\_\_\_ Time: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Your procedure is scheduled at:

Illinois Masonic Hospital  
Digestive Health Institute  
900 West Nelson Street – 1<sup>st</sup> Floor  
Chicago, IL 60657  
\*\*All patients will receive free valet\*\*

Amita Health  
Saint Joseph Hospital  
331 W. Surf Street  
5<sup>th</sup> Floor  
Chicago, IL 60657

Thorek Hospital  
850 W Irving Park Road  
2nd Floor  
Room 250 Same Day Surgery  
Chicago, IL 60613

### 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.

#### **SUPREP**

<http://suprekit.com/>

#### **Golytely**

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

**Miralax (see instructions below)**

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

#### **One Week before the procedure:**

Do Not Eat: nuts, lettuce, leafy vegetables, fruits and vegetables with seeds, and popcorn.

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

#### **Purchase the Following Over-The-Counter Supplies:**

- 2-5 mg Dulcolax laxative tablets (bisacodyl)
- 1 bottle of Magnesium Citrate (10 oz)
- 1 bottle of Miralax Powder (238 grams)
- 64 oz. clear liquid (NOT red) such as Gatorade, G2, Gatorade Ice, Powerade Zero, Lemonade, Water)

#### **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. Black coffee or tea is okay. You may also have soup broth, jello (green, yellow)
- NO red liquids
- Drink at least 8 oz of water during the day to avoid dehydration

- ❑ 5 pm: Take 2 Dulcolax (bisacodyl) tablets and drink one 1 bottle (10 oz) of Magnesium Citrate
- ❑ 6:30 pm: add bottle of 238 grams of Miralax Powder to a larger container, pour bottle of 64 oz clear liquid into same container. Shake/stir until the solution is completely dissolved, then begin drinking an 8 oz glass every 15 minutes until you have consumed 4 glasses (32 oz). Refrigerate the remaining prep for the day of the procedure. Continue drinking clear liquids

**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.

**Miralax:**

You may NOT eat any solid foods 1 day before your procedure

**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.