

Colonoscopy

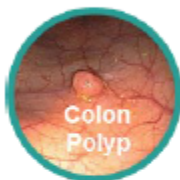
Basic Facts and How to Prepare GoLytely and Nulytely Bowel Prep

Screening Saves Lives

Colorectal Cancer is the second leading cancer killer in the United States.

If you are 50 or older or have a family history of cancer, getting a colorectal screening can save your life. Here is how...

- 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.



What to Bring to Your Exam

- Completed health history form
- An adult (18 years or older) to drive you home. You cannot take a cab, medical transport or bus unless someone is riding with you after your visit.
- Insurance card
- All medications you are taking even over the counter medications, vitamins and supplements

Preparing for Your Exam

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 cancelled.

You should be given a prescription for Bowel Prep medication along with these instructions.



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 Coumadin (Warfarin), Xarelto, Pradaxa, Eliquis, Savaysa or other blood thinning medications
- Take Plavix, Brilinta or Aggrenox, or any other antiplatelet medications

Arrive to your exam 1 hour before the appointment time

5 Days Before Exam

- Review Bowel Prep instructions
- Fill your prescriptions for your Bowel Prep Solution

3 Days Before Exam

- Start a Low Residue Diet (see instruction sheet)
- **Stop** iron and fiber supplements
- Plan your ride home

2 Days Before Exam

- Stay on your Low Residue Diet
- Refrigerate Bowel Prep Solution

The Day Before Exam

- **Begin Clear Liquid Diet in the Morning**
- Drink 8 glasses of water or clear liquids during the entire day.



- **Do not** have any solid food.
- **Do not** have any red or purple liquids.
- You can drink clear broth (chicken or beef), water, apple juice, Gatorade, popsicles and coffee or tea (no milk or creamer). You can also have hard candy.

YES



NO



2 Hours Before Exam: Do Not Eat or Drink Anything.
Your exam may be cancelled if you eat or drink anything.

6pm the Day Before Exam

- **Begin Drinking the Bowel Prep Solution**
- Drink 1 cup (8 ounces) of the Bowel Prep Solution every 10 minutes
- Do this until half of it is finished. Finish the solution within 2 hours after you start drinking it.
- Keep the other half of the 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.

4 to 6 Hours Before Exam

- Take your doctor approved medication.
- It is okay to take aspirin, blood pressure medication, prednisone or other steroids.
- **Drink the rest of the Bowel Prep Solution (half bottle) 1 cup every 10 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.
- **Continue clear liquid diet until 2 hours before your appointment time.**
- You may have to wake up very early if your exam is in the morning.
- Your stool should be a clear yellow liquid.