

DHS DIGESTIVE HEALTH SERVICES
A DIV. OF GI PARTNERS OF ILLINOIS, LLC.

3825 Highland Avenue, #302; Downers Grove, IL 60515 Phone: 630-434-9312
Scheduling Phone: 630-909-3323 or 630-909-3630

Rockford Yapp, MD * James Clark, MD * Anshuman Chawla, MD * Lesley Dawravoo, MD

Colonoscopy Location: MCDS GOOD SAMARITAN GI LAB HINSDALE HOSPITAL

Date: ____/____/____ Arrival Time: ____:____ Procedure Time: ____:____

TRANSPORTATION TO YOUR PROCEDURE: YOU MUST HAVE A PERSON 18 YEARS OR OLDER THAT IS RESPONSIBLE WITH YOU. THAT PERSON IS TO BRING YOU AND STAY IN THE WAITING ROOM FOR THE LENGTH OF THE PROCEDURE, IN CASE OF UNANTICIPATED COMPLICATION; AND IS TO BRING YOU HOME. NO EXCEPTIONS! IF YOU COME TO YOUR PROCEDURE ALONE, YOUR PROCEDURE WILL BE CANCELLED AND WILL HAVE TO BE RESCHEDULED. POST PROCEDURE: DUE TO THE NATURE OF THE SEDATION YOU WILL BE RECEIVING, YOU SHOULD PLAN TO BE DRIVEN HOME AND PLAN TO REST FOR THE DAY; NO WORK, NO EVENING ACTIVITIES.

COLONOSCOPY USING SUPREP/CLENPIQ/ PREPARATION

Colonoscopy is a procedure which allows us to examine the large bowel with a flexible fiber optic instrument called a colonoscopy. The procedure is usually done while you lie on your left side. Sometimes we may ask you to turn on your back or right side. It is necessary to fill the bowel with small amounts of air during colonoscopy; you may have abdominal cramping during the procedure. Medication will be given before the colonoscopy is begun to sedate you and minimize the chance of pain. If we find a polyp or small tumor in the colon, we will remove it using electro-cautery. This is not painful but there is a very small risk of perforation of the bowel or bleeding. These complications would require emergency surgery or blood transfusion. The colonoscopy takes about 30 minutes, occasionally longer. The normal recover period is one hour or until you are sufficiently awake to be able to leave the facility and return home.

IT IS ESSENTIAL THAT

1. If you take Coumadin, Warfarin, Plavix, Xarelto, Pradexa, Effient, Aggrenox, Eliquis, Brilinta or any blood thinners, you will need to STOP these medications before the exam per doctor's instructions.
2. If you are a diabetic patient and are on Insulin and/or oral medication for diabetes, take ½ your usual Insulin dose the day before and the day of the procedure. Hold oral diabetic medications the day before and the day of the procedure.
3. For 3 days prior to colonoscopy, you must follow a low roughage diet. DO NOT EAT nuts, fruits or vegetables with seeds (i.e., cucumbers, tomatoes, berries, corn, popcorn).
4. For 3 days prior to colonoscopy, discontinue iron supplements AND Metamucil!
5. If you take morning medications (with the exception noted above) please take only blood pressure or heart medications, anti-anxiety, thyroid, anti-seizure medications 4 hours prior to procedure with tiny sip of water.
6. You will not be allowed to drive yourself home after the procedure. You cannot use public transportation and you must be accompanied by an adult. If this procedure is not followed, your procedure will be cancelled.
7. FEMALE patients of menstruating age will be required to supply urine sample on day of procedure at facility.

ONE DAY BEFORE COLONOSCOPY

Consume a clear liquid breakfast, lunch and dinner! Clear liquids may include:

Black coffee or Tea (no cream)	Apple juice	Carbonated & Non-carbonated soft drinks
White grape juice	Gatorade	Popsicles (no red or purple)
Clear broth/bouillon (no veggies, meats, rice, etc.)		Jell-O (no red)

***hint** Hold the liquid up to the light. If you cannot see through it, you cannot drink it!

Individual responses to laxatives vary. This Prep often works within 30 minutes but may take as long as 3 hours. Remain close to toilet facilities as multiple bowel movements may occur. Following this, you may have NOTHING TO EAT OR DRINK AFTER MIDNIGHT except for the morning dose of Suprep.

SuPrep Diet Restrictions:THREE DAYS BEFORE COLONOSCOPY

Omit fruits and vegetables with seeds or indigestible fiber. Example includes cucumbers, tomatoes, corn popcorn, strawberries, raspberries, nuts, wheat bran, whole-wheat flour, and whole grain foods.

DO NOT take Metamucil or iron tablets

ONE DAY BEFORE COLONOSCOPY

On the day before your colonoscopy:

DO NOT EAT SOLID FOODS!! DRINK ONLY CLEAR LIQUIDS FOR BREAKFAST, LUNCH AND DINNER. APPROVED CLEAR LIQUIDS LISTED ON PAGE 1.

SUPREP INSTRUCTIONS

First Dose of Suprep: AT 5PM THE NIGHT PRIOR TO COLONOSCOPY

Step 1: Pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container.

Step 2: Add cool drinking water to the 16-ounce line on the container and mix.

Step 3: Drink ALL the liquid in the container.

Step 4: IMPORTANT: You must drink two (2) more 16-ounce containers of water over the next 1 hour.

You will start to have watery brown stools, then watery yellow or green stools. Finally, you will pass only clear yellow water with a few flecks of material. It is common to have cramps and bloating until your bowel movement starts.

Second Dose of Suprep (5 hours before you leave the house):

- Repeat and Complete Steps 1-4 (above) using (1) 6-ounce bottle of solution starting **5 hours** before your procedure.
- Be sure to complete ALL four Steps on this dose.
- **5 hours** before you leave the house, stop all oral intake and liquids by mouth except preparation. You may take your medications 4 hours with a sip of water (only blood pressure, seizure, antianxiety, thyroid meds).

TRANSPORATION TO YOUR PROCEDURE: YOU MUST HAVE A PERSON 18 YEARS OR OLDER THAT IS RESPONSIBLE WITH YOU. THAT PERSON IS TO BRING YOU AND STAY IN THE WAITING ROOM FOR THE LENGTH OF THE PROCEDURE, IN CASE OF UNANTICIPATED COMPLICATION; AND IS TO BRING YOU HOME. NO EXCEPTIONS! IF YOU COME TO YOUR PROCEDURE ALONE, YOUR PROCEDURE WILL BE CANCELLED AND WILL HAVE TO BE RESCHEDULED. POST PROCEDURE: DUE TO THE NATURE OF THE SEDATION YOU WILL BE RECEIVING, YOU SHOULD PLAN TO BE DRIVEN HOME AND PLAN TO REST FOR THE DAY; NO WORK, NO EVENING ACTIVITIES.