

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

**3825 Highland Avenue, #302; Downers Grove, IL 60515 Phone: 630-434-9312
Rockford Yapp, MD * James Clark, MD * Anshuman Chawla, MD * Lesley Dawravoo, MD**

What is a Flexible Sigmoidoscopy

This is a test that allows the doctor to check the lower part of our bowel (colon). A short flexible tube (flex sig scope) will be inserted into your rectum and passed through about 12 inches of your colon. Additional procedures may be performed such as taking tissue samples (biopsies) and removing polyps. The results obtained from sigmoidoscopy may help explain the cause of symptoms such as rectal bleeding, pain or diarrhea.

How do I prepare for the exam?

For this procedure your rectum and colon must be thoroughly clean in order for the exam to be accurate and complete. In order to achieve these results you will need to go to your local pharmacy and purchase two Fleet enemas. Approximately one hour before you need to leave for your procedure you will administer the first enema and about fifteen minutes later administer the second enema. You may be given sedation during the procedure so you cannot eat/drink anything after midnight on the day of the procedure.

What happens during the procedure?

While lying on your left side with your knees bent, the doctor will perform a finger exam of the anus and rectum. The sigmoidoscopy will be inserted, and the physician will be able to visualize the bowel wall. As air is inflated into the bowel, you may experience slight cramping or gas. You may also feel lower abdominal pressure as the instrument is moved through the lower bowel. The exam usually takes five to fifteen minutes. A small tissue specimen (biopsy) may be taken from the lining of the colon for microscopic analysis. This will not cause discomfort.

What can I expect after the exam?

You can expect to feel bloating for about thirty to sixty minutes afterwards. This sensation will be relieved as gas is passed. Your doctor will discuss the findings of the exam and provide you with instructions to follow when you return home. Ask your doctor any questions or please call our office at (630) 434-9312.

Are there any possible complications?

Flexible sigmoidoscopy is safe and is associated with very low risk. Complications that could occur but are very rare include perforation (rupture) of sigmoid colon and bleeding if a biopsy is taken.

Flex Sigmoidoscopy scheduled at: MCDS GOOD SAMARITAN GI LAB
HINSDALE GI LAB

Date: _____ Time: _____ Arrival: _____

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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 PLENUVU 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, antianxiety, 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.

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.

Plenvu INSTRUCTIONS**2-Day Split-Dosing****TAKE DOSE 1**

Step 1: Use the mixing container to mix the contents of the Dose 1 punch with at least 16 ounces of water by shaking or using spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time-slowly finish the dose within 30 minutes.

Step 2: Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

WAIT APPROXIMATELY 12 HOURS FROM THE START OF DOSE 1, THEN...

TAKE DOSE 2

Step 1: Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time-slowly finish the dose within 30 minutes.

Step 2: Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

****HELPFUL TIP: PLENVU can be refrigerated. Use within 6 hours after it's mixed with water****

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Scheduling Phone: 630-909-3323 or 630-909-3630

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Colonoscopy Location: MCDS GOOD SAMARITAN GI LAB HINSDALE HOSPITAL

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

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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, antianxiety, 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).

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Colonoscopy Location: MCDS GOOD SAMARITAN GI LAB HINSDALE HOSPITAL

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

COLONOSCOPY USING TRILYTE/NULYTELY/GOLYTELY 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. Because of this sedation, you **MUST** have someone drive you home after the colonoscopy. You may not drive or work the day of the procedure. You will not be allowed to leave the facility alone. 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 colonoscopy 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), whole grain bread & whole grain pasta.
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, antianxiety, 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 MUST supply a urine specimen on the day of procedure at facility.

DAY BEFORE THE 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 the morning dose of Magnesium Citrate.

MORNING OF COLONOSCOPY

!!! Four (4) hours prior to exam, drink one (1) 10 ounce bottle Magnesium Citrate (lemon or lemon lime preferred). Avoid red (cherry) Magnesium Citrate, if possible. *Magnesium Citrate is over-the-counter.*

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.

ONE DAY BEFORE COLONOSCOPY

1. Clear liquid breakfast and lunch. Clear liquids include: black coffee, tea, soda pop, Gatorade, broth, apple juice, white grape juice, popsicles, or Jell-O (no red). Drink plenty of these fluids until 1 p.m. You should then be fasting three to four hours before drinking Prep.
2. At 5:00 pm begin drinking the prep at a rate of one eight ounce glass every ten minutes. Drinking the Prep at this rate will give you the best cleaning results. If you wish, you may suck on a lemon or lime (do not eat the pulp) while in-between glasses. The Prep has a slightly salty taste and some patients find that lemon or lime helps. Do not chew gum.
3. YOU MUST DRINK THE ENTIRE GALLON PREP!!! Drinking any large volume of cold fluids may cause chills. To prevent this, you may want to pour several 8 ounce glasses, allowing the liquid to warm slightly.
4. You might feel very full or bloated until your bowels begin to move. The first bowel movement usually occurs in about one hour, however, this varies depending upon your individual and routine bowel function.
5. At completion of the Prep, your stools should become watery, yellow liquid so clear that you can see the bottom of the toilet bowl. If your stools are NOT clear, OR if you have difficulty drinking the Prep, call our office at (630) 434-9312. Press 0 to speak to the operator and she will put you in touch with the physician on call. He/she will advise you further.
6. After you finish the Prep, you may drink clear liquids up until midnight if you are having a morning procedure. If the procedure is in the afternoon, you may take sips of water up until six hours prior to the examination.
7. ON THE MORNING OF THE COLONOSCOPY at 6:00 a.m. or 4 hours before scheduled colonoscopy, drink 10 (ten) ounces of Magnesium Citrate (purchased over-the-counter at any pharmacy).

You MUST have a driver present with you when you arrive for your colonoscopy and you MUST be driven home. NO PUBLIC TRANSPORTATION OR CAB CAN BE USED. Procedure will be cancelled if you fail to bring a driver with you. NO EXCEPTIONS! You will NOT be able to return to work, attend any evening functions or operate a vehicle until the following day. Plan to go directly home and rest for the remainder of the day.

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ABOUT YOUR UPPER ENDOSCOPY

Your doctor needs to know if there is any abnormality of your esophagus, stomach or duodenum (the first part of the small intestine). Endoscopy is a method of taking a direct look at these structures with a small diameter, flexible instrument.

Before the Examination:

As upper GI endoscopy involves examining the inside of our stomach, it is important that you **do not have anything to eat or drink after midnight, the night before the procedure!** However, if you are having an afternoon procedure, you may have sips of water up until 6 hours prior to scheduled procedure time. If you generally take morning medications, please take only blood pressure or heart medication. Take these medications with only a sip of water.

Female patients of menstruating age will also be supplying a urine specimen before the procedure.

The Examination:

Because you will be given medication to prevent discomfort, **you will not be able to drive home following the procedure!** At the office or hospital, an I.V. will be started for you and you will be asked to lie on your left side. After receiving medication through your I.V. line, you will become sleepy and very relaxed. The doctor will then insert the instrument into your mouth, and slowly guide it down your esophagus and into your stomach and duodenum. He will be able to see any abnormality and take biopsies if necessary. The procedure itself takes between 5 and 10 minutes but you should plan to spend between 2-3 hours total to allow for preparation and recovery time.

After the Procedure:

After the endoscopy, you will probably feel sleepy and not remember much of what took place. This is a normal reaction to the medication you were given. When the effects of the medication have begun to wear off, you will be allowed to go home where you should rest the remainder of the day. The next day, you may resume your normal activities. The results of your endoscopy will be discussed with you when you are awake but since you may be a little groggy, you may want to have a family member with you to help you remember what was said. In addition, a return visit to the office is usually scheduled so you can ask any questions you may have and the findings can be thoroughly discussed with you.

EGD scheduled at: MCDS GOOD SAMARITAN GI LAB HINSDALE GI LAB

Date: _____ **Time:** _____ **Arrival Time:** _____

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