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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.