

Instructions for your Colonoscopy 2 DAY PREPARATION

With Miralax 1 week before, Trilyte, Bisacodyl, and Magnesium Citrate

Please read these instructions one week prior to your procedure.

What is a colonoscopy?

A colonoscopy is a procedure that enables your physician to examine the lining of the colon for abnormalities by inserting a flexible tube into the anus and advancing it slowly into the rectum and colon.

When should I arrive and how long will the procedure take?

Please arrive at the GI Lab 30 minutes prior to the procedure, so that nursing, anesthesia (if applicable) so the physician can evaluate you and prepare you for your procedure. Plan to spend approximately 1 ½-2 hours at the GI Lab.

Please note:

The time your procedure is scheduled is our best estimation as to when your procedure will begin. Circumstances may arise, i.e., emergencies, that may change the scheduled time. We will do our best to notify you of any changes in the schedule.

GI Lab Locations

Evanston Hospital	2650 Ridge Ave.	Room 1134	Evanston, IL 60201	(847) 570-2236
Glenbrook Hospital	2100 Pflingsten Road	1 st Floor	Glenview, IL 60026	(847) 657-5780
Highland Park Hospital	777 Park Ave West	B345	Highland Park, IL 60035	(847) 480-2828
Highland Park Medical Group Gastroenterology	1777 Green Bay Road	Suite 201	Highland Park, IL	(847) 681-4229
Skokie Hospital	9600 Gross Point Road	1 st Floor	Skokie, IL 60076	(847) 933-6565
Vernon Hills Specialty Suites	225 N. Milwaukee Ave.	1 st Floor	Vernon Hills, IL 60061	(847) 941-7660

What should I do if I am a diabetic?

Please ask your primary care physician (PCP) to instruct you regarding taking your diabetes medications prior to your colonoscopy.

What should I do if I am on blood thinners or have a cardiac stent?

If you have a cardiac stent OR you are on a medication such as Coumadin, Plavix, Ticlid, Lovenox, Pradaxa, Xarelto or any other blood thinner, please contact your prescribing physician to determine whether you should discontinue this medication prior to the procedure. Notify our office if you are advised

not to stop one or more of these medications. It is OK to continue aspirin or other NSAIDs (Advil, Aleve, Ibuprofen, etc) prior to your procedure.

What should I do if I have a heart defibrillator or pacemaker?

Your device must be checked within 6 months of your scheduled procedure. If it has not been checked at a NorthShore facility, please bring documentation on the day of your procedure confirming that it has been checked at another facility.

If you have a defibrillator or pacemaker, please contact the GI Lab prior to your scheduled procedure.

Glenbrook	(847) 657-5780	Ravinia	(847) 681-4229
Evanston	(847) 570-2236	Skokie	(847) 933-6565
Highland Park	(847) 480-2828	Vernon Hills	(847) 941-7660

❖ Seven days prior to the procedure:

- Begin taking Miralax 1 capful daily. This is an over the counter medication.
- Purchase 1 bottle of Magnesium Citrate (300ml) from a pharmacy. This is an over the counter medication.
- Pick up your prescription (Trilyte and 4 Bisacodyl tablets) from the pharmacy
- Discontinue iron pills, Pepto Bismol and herbal supplements.
- If possible, do not eat seeds, nuts or corn for the week prior to the procedure.
- If you are concerned about nausea related to drinking large amounts of fluid for the bowel preparation, call our office (847) 657 1900 to request a prescription for an anti-nausea medication.
- Go online to <http://www.my-emmi.com/northshore> to watch a brief informational program on colonoscopy.
- Check with your insurance company to see if you need to be pre-certified before the procedure or if you need to get a referral from your primary care physician.

❖ Two Days Before Your Procedure:

- Two days before the procedure take one dose of Miralax in the morning, and then at 4:00 pm take 300 ml of Magnesium Citrate.
- You will follow a clear liquid diet all day. No red or purple liquids. Only these items are allowed:

Soups:	Clear bouillon, broth or consommé.
Beverages:	Tea, coffee, decaffeinated tea/coffee, Kool-Aid, Gatorade, clear carbonated beverages such as 7UP, Sprite or ginger ale. DO NOT put any milk or cream in your tea or coffee.
Juices:	Apple, white grape juice, strained lemonade, limeade, orange drink, Crystal Light. Any juice you can see through and has no pulp is acceptable.
Dessert:	Water ices, Italian ices, popsicles, JELL-O, hard candy. DO NOT use anything that contains red or purple dye.

❖ One Day Before Your Procedure:

- One day before the procedure, in the morning, you will follow a clear liquid diet all day. No red or purple liquids. Only these items are allowed:

Soups:	Clear bouillon, broth or consommé.
Beverages:	Tea, coffee, decaffeinated tea/coffee, Kool-Aid, Gatorade, clear carbonated beverages such as 7UP, Sprite or ginger ale. DO NOT put any milk or cream in your tea or coffee.
Juices:	Apple, white grape juice, strained lemonade, limeade, orange drink, Crystal Light. Any juice you can see through and has no pulp is acceptable.
Dessert:	Water ices, Italian ices, popsicles, JELL-O, hard candy. DO NOT use anything that contains red or purple dye.

- At **12:00 PM**, begin your preparation by taking 2 Bisacodyl tablets with water. Do not crush or chew the tablets. Do not take the Bisacodyl tablets within one hour of taking an antacid.
- At **2:00 PM**, take 2 Bisacodyl tablets with water. Do not crush or chew the tablets.
- At **5:00 PM**, begin to drink the TriLyte solution over the next two-three hours as instructed. Drink 8 ounces every 10-20 minutes for a total of twelve 8 ounce glasses (3 liters, or 3/4 of the container). Containers may or may not have markings at 1, 2 and 3 liters on the side of the TriLyte container. **Save the Remaining 1 Liter of TriLyte Solution for Use in the AM**
- If drinking rapidly causes stomach upset you can drink the fluid more slowly, but should plan to finish the solution. Drinking with a straw may help with the taste. Try sucking on a lemon drop between glasses. **If you cannot complete the prep or vomit, please call our office at (847) 657-1900 to speak with one of our doctors.**

What should I expect after starting the bowel preparation?

You will begin having multiple watery bowel movements. Initially, you may feel slightly bloated but will become more comfortable as you continue to have bowel movements. Diarrhea may continue after you finish drinking the solution.

AFTER MIDNIGHT DO NOT EAT OR DRINK ANYTHING

❖ On the Day of the Procedure:

- You should have nothing to eat or drink after midnight except the morning dose of TriLyte. Three hours prior to your appointment time (5AM for an 8AM procedure, 6 AM for 9AM procedure, etc), drink four additional 8-ounce glasses of TriLyte (1 liter). The morning dose is required to assure the contents of the small bowel which have emptied into the large bowel overnight have cleared

the colon. Completing the AM Trilyte preparation is essential to optimize visualization of the colon.

- No TriLyte during the two hours prior to your procedure. If you are concerned that drinking 1 liters of fluid in one hour will upset your stomach, start earlier than three hours before your procedure time because you cannot drink any of the bowel preparation in the two hours prior to your scheduled procedure.
- **Should I take my medications on the morning of the procedure?** If you take heart or blood pressure medication, you should take it on the morning of the procedure with a small sip of water. Other medications can be taken following the procedure unless otherwise instructed by your doctor.

Special Instructions:

1. It is **essential** that someone be available to accompany you home in a timely manner after completion of your procedure; typically this is 2-3 hours after your procedure start time. If you plan to take public transportation including taxi, train, Uber or Lyft,, you will need to arrange for an adult to accompany you.
2. Sedation is used during the procedure and it will be unsafe for you to drive or operate any machinery for the remainder of the day.
3. If you wear contact lens please **DO NOT** wear them the day of your procedure. Please bring your glasses.
4. You will not be able to return to work the day of the procedure.
5. You should not make any important decisions for the remainder of the day.
6. If you need to talk with a nurse, or cancel a procedure, please contact our Main Office at (847) 657-1900. If you must cancel your procedure, please notify our office at least one week prior to your scheduled procedure date.

Colonoscopy Insurance Coverage Information You Should Know

You are scheduled for a colonoscopy, an examination of the colon (large intestine) with a lighted flexible scope. During the colonoscopy, if an abnormality is seen, it is usually biopsied at that time. A biopsy involves removing a portion or all of the abnormal area for processing and subsequent examination under a microscope.

Insurance companies treat colonoscopy in different ways depending on your company's benefit plan. Please be aware that if your colonoscopy has been scheduled for a "screening" (meaning you have no symptoms with your bowels) and your doctor finds a polyp or tissue that has to be removed during the procedure, this colonoscopy is no longer considered a screening procedure. Your insurance benefits may change and your insurance policy may pay differently.

Please note:

Check with your insurance carrier to verify if you need pre-approval or pre-certification and that you understand your financial responsibility for the procedure prior to starting your colon cleansing preparation. There should be a number to call on the back of your insurance card.

**** Please note that your procedure may be considered surgical by your insurance carrier and deductibles and co-pays may apply. Please contact your insurance carrier for additional information regarding your coverage.**

For detailed information, please refer to the NorthShore.Org website at:

<http://www.northshore.org/gastroenterology/>

Division of Gastroenterology
Medical Group
NorthShore University HealthSystem