Dale Coy, MD
Manish Bhuva, MD
Dafna Gordon, MD
Amit Shah, MD
Chad Spangler, MD

GI PARTNERS of ILLINOIS, LLC

Brant Lutsi, MD
Nicole Gentile, MD
Erin Micklinghoff, CNP
James Ferguson, CNP
Katie Akers, CNP

Colonoscopy Location: Barrington Office Suite 311 | Good Shepherd West Pavillion | Northwestern Huntley Main Entrance | Northwestern McHenry Main Entrance

Physician: Dr. Bhuva Dr. Coy Dr. Gentile Dr. Gordon Dr. Lutsi Dr. Shah Dr. Spangler

Date: _____/_____/_____ Arrival Time: _____:_____ Procedure Time: _____:_____

COLONOSCOPY USING TRILYTE/NULYTELY/GOLYTELY CONSTIPATION PREP: **PLEASE, ONLY FOLLOW THESE DIRECTIONS NOT WHAT IS ON THE BOTTLE**

A colonoscopy is a procedure that examines the large intestine with a flexible fiberoptic instrument. The doctor is looking for any abnormalities in the colon and may take biopsies. This procedure takes about 20 to 30 minutes. With intake and recovery however, you must plan to be at the facility for at least 1.5 hours (Barrington) up to 3 hours (hospital).

Our office will do the precertification for your procedure. It is your responsibility to verify your benefits with your insurance company. Please inform our office if you have any changes to your insurance coverage or insurance carrier prior to your procedure.

IT IS ESSENTIAL THAT…

1. You bring your ID, insurance card and a list of medications (including dosages) to your appointment.
2. If you take **blood thinners** such as: Coumadin, Warfarin, Plavix, Xarelto, Pradaxa, Effient, Aggrenox, Eliquis, Brilinta or any other blood thinner, you will need to stop them prior to your procedure. Please call your Cardiologist or prescribing doctor for instructions on stopping these medications. (See full list on page 2)
3. If you are **diabetic and on insulin:** Test your blood sugar before you come for your colonoscopy. **Take only half of your usual dose of insulin on the day of your procedure.**
   If you are **diabetic and on oral medication (pills):** Take only half the usual dose the day BEFORE the procedure. **Do not take** your diabetic medication on the day of your colonoscopy. You may take your medication when the procedure is over and you are able to eat.
4. If you are taking any diet pills such as: Fenfluramine, Dexfenfluramine or Phentermine, stop taking those **2 weeks prior** to your colonoscopy.
5. Stop all herbal medications, supplements and vitamins **7 days prior** to your procedure. **If you take Ozempic, Wegovy, or Rybelsus, you must contact your prescriber to stop this medication 7 days before your procedure. You may resume the medication after the procedure.**
6. If you take morning medications (with the exception noted above) please only take medications for your heart, blood pressure, asthma, seizure disorder or thyroid with a small sip of water 4 hours prior to your scheduled procedure time.
7. You will not be allowed to drive yourself home after the procedure due to the sedation. Therefore, you will need an adult to drive you home. You may **NOT** use public transportation. **If you do not have a ride, your procedure will be cancelled.**

MEDICATIONS TO AVOID 7 DAYS BEFORE YOUR PROCEDURE:

Stop all herbal medications, supplements, and vitamins **7 days prior** to your procedure. IF you take **Ozempic**, **Wegovy**, or **Rybelsus**, you must contact your prescriber to stop this medication 7 days before your procedure. You may resume the medication after the procedure. If you have not stopped these medications your procedure may be canceled the day of.

MEDICATIONS TO AVOID 5 DAYS BEFORE YOUR PROCEDURE: Excedrin, Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Naprosyn, Naproxen, Celebrex, Celecoxib, Mobic, Meloxicam, Relafen, Nabumetone. Continue to avoid **ALL** herbal medications, supplements or vitamins. **Blood thinning medications including, Coumadin, Warfarin, Plavix, Xarelto, Pradaxa, Effient, Aggrenox, Eliquis or Brilinta must be stopped prior to your procedure as directed by the prescribing physician.**

*****You may continue to take a low dose (81mg) Aspirin.** **OVER →**

FOODS TO AVOID 4 DAYS BEFORE YOUR PROCEDURE:

Fresh fruits with seeds, raw vegetables, nuts, popcorn, seeds, whole grain bread, whole grain pasta, lentils, beans and corn. (You may have apples, pears or peaches that are peeled. **Do Not eat the skins.**)

PURCHASE THESE NONPRESCRIPTION ITEMS BEFORE YOUR COLONOSCOPY:

- ✓ Dulcolax: 4 tablets (5mg Each) Laxative (not stool softener)
- ✓ Magnesium Citrate 1 bottle (lemon lime 10 oz)

2 DAYS BEFORE YOUR COLONOSCOPY:

- ✓ Eat your last meal at 6 PM. After that you are on a clear liquid diet.
- ✓ Allowed clear Liquids: mineral, bubbly or plain water, Gatorade, apple juice, white grape juice, ginger ale, clear broth or bouillon (without veggies, meats or rice), Jell-O, all carbonated and noncarbonated soft drinks, plain popsicles, coffee and tea. (No milk or sugar)

1 DAY BEFORE YOUR COLONOSCOPY:

- ✓ You must start to hydrate yourself, which means you must start to drink extra fluids especially fluids with electrolytes like: Pedialyte, Gatorade (No red or purple), Propel, or Liquid IV.
- ✓ **DO NOT DRINK: tomato juice, orange juice, grapefruit juice, protein or drinks with fiber in them. NO beer, wine or alcohol is allowed.**
- ✓ Avoid all liquids or popsicles with red or purple dyes.

AT 10 AM:

- ✓ Take (2) Dulcolax tablet (5mg Tablet = 10mg total)

AT 4 PM:

- ✓ Take 1 bottle of magnesium Citrate

AT 8 PM:

- ✓ Take (2) Dulcolax tablet (5mg Tablet = 10mg total)

AT 8:30 PM:

- ✓ Start drinking the prep solution, one 8-ounce glass every 10 minutes until 2 liters (half of the bottle) is gone. Put the other half in the refrigerator until morning. You may only have water or clear liquids (a fluid you can see through) after taking this prep. No food or coffee.
- ✓ You **MUST** drink more solution in the morning even if your stool is clear.

DAY OF COLONOSCOPY:

- ✓ **Start drinking the prep solution 5 hours before your test _____:_____**, one 8 oz glass every 10 minutes until one liter is finished**. You must be done in 1 hour. If your stool is not all liquid and a clear or yellowish color by this point, please continue to drink the rest of the solution.** You must finish drinking your prep **at least 4 hours** before your procedure time.

*****After you finish this portion of the prep, you may NOT have any liquids OR solids by mouth. NO FOOD, FLUID, GUM OR CANDY IS ALLOWED.**

*****You may take any medications prescribed for your heart, blood pressure, asthma, seizure disorder or thyroid with a small sip of water 4 hours prior to your scheduled procedure time.**