Colonoscopy SURVIVAL GUIDE

Colon cancer is one of the few types of cancer we have the ability to prevent. A colonoscopy is the number one way to beat a leading cause of death for men & women in America.

It will be difficult to leave your home or be far from your bathroom once you begin drinking the bowel prep. Stock up on these items ahead of time:

- Pick up the bowel preparation mixture your physician has prescribed
- Sodas (lemon-lime, ginger ale & colas)
- Peach flavored Ensure™ (clear)
- Sports drinks (clear, orange, green or lemon-lime)
- Apple or white grape juice
- Coffee or tea (with no milk or cream)
- Clear bouillon or clear broth
- OJell™ (yellow, orange, green or peach)
- Fruit-flavored popsicles (orange)
- Light-colored hard candies or gummy bears
- Straws
- Toilet tissue
- Petroleum Jelly
- Personal hygiene cleansing cloths

Do not drink or eat anything in the four hours prior to your colonoscopy. It is safe to brush your teeth the morning of your procedure.

Take your prescribed medications unless instructed otherwise by your physician with a small sip of water. If you need to eat with your medication, please wait to take it until after your procedure.

If you are diabetic, do not take insulin or diabetic medication before your procedure.

If you take anticoagulants, check with your primary care physician or cardiologist before you start bowel prep to see what directions they would like you to follow.

Concerned about nausea? Ask your physician for a prescription for anti-nausea medication ahead of time.

If you are diabetic you will take half your usual dose of insulin or oral diabetic medication.

Plan to take off work the day of your colonoscopy as you will be groggy & unable to drive. Most people can manage the clear liquid diet at work the day before their procedure.

If you are diabetic you will take half your usual dose of insulin or oral diabetic medication.

Arrange with a loved one to drive you to the office & stay with you during the procedure.

If you are on blood pressure medication, take it with a small sip of water before leaving your home.

Prep was successful if the fluid you're losing looks like the fluid you're taking in. Some yellow coloring is ok, no particles or brown color should be seen.

Bring your insurance card & photo identification.

Wear comfortable and loose-fitting clothing.

Eat a very light dinner.

Begin clear liquid diet. No solid food.

What You Can Have

- Clear Bev
- Tea (without milk or cream)
- Juice
- Sports drinks (clear, orange, green or lemon-lime)
- Ensure Clear (peach flavored)
- Jell-O™

Avoid

- Dairy products
- Seeds & Nuts
- Meats that are tough & not lean
- Corn
- Popcorn
- Spinach
- Kale
- Tomato skins
-Any fruit that has a peel
- Raw vegetables
- Beans
- Raisins
- Fiber supplements
- High-fiber cereals
- Vitamins, iron or herbal supplements

Chase each “dose” of the prep liquid with hard candy or light colored gummy bears.

Refer to the “Preparing for Your Colonoscopy” handout given to you by your doctor.

Make sure your bathroom is clean & comfortable. Stock up on reading materials & spray air fresheners.

Chilled glasses will help the bowel prep taste better. Store several in the freezer a few hours ahead of time.

Buy extra toilet paper, cleansing wipes & soothing ointments like petroleum jelly in case of irritation.

Drink from a straw so your taste buds do not detect the taste of the medication.

Beverages from the clear liquid diet list can be mixed with your bowel prep to improve flavor & mask the prep after-taste.

On the Day of Your Colonoscopy

6 HOURS BEFORE

Finish the 3rd part of the bowel preparation (i.e., 1/3 to 1/2 gallon of PEG solution).

4 HOURS BEFORE

No food or drinks

What Shouldn't You Do

- Seniors
- Alcohol

Take with Food

Take with Food

Medications

- Blood Pressure

ARRIVE ONE HOUR BEFORE YOUR SCHEDULED PROCEDURE TIME.

Expect to be at the location of your procedure for approximately 2-3 hours.

You'll be under light sedation & unable to drive the day of your colonoscopy.

Making arrangements with a loved one to drive you to the office & stay with you during the procedure.

If you are diabetic, do not take insulin or diabetic medication before your procedure.

Contact or glasses will be removed. Please bring a case to store them.

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