

***Stop taking aspirin or products containing aspirin at least 10 days before your procedure. If you take Coumadin, Plavix, or any other blood thinners, check with your prescribing physician for instructions.**

Day Before Procedure

- Have a light breakfast (May include the following: Any items from the clear liquid diet list below, one boiled or poached egg or small portion of skinless chicken, turkey, or fish. White toast, no butter; one 8 oz can of Ensure. **DO NOT** take Ensure Plus).
- After breakfast, **DO NOT** eat any solid foods. **DO NOT** have anything that is not on the Clear Liquids Diet List. **DO NOT** eat or drink anything colored red or purple. Drink plenty of clear liquids for lunch, dinner, and snacks.
- **CLEAR LIQUID DIET:** Water, tea, coffee (no dairy or non-dairy creamer) sweeteners are okay, soft drinks (7-Up, Sprite, Cola, Ginger Ale, orange), Clear Gatorade, Kool-Aid, lemonade, clear fruit juices (apple, white cranberry, white grape, etc.), low sodium beef or chicken broth/bullion, hard candies, Jell-O (lemon, lime, orange, no fruit toppings), popsicles (no sherbets or fruit bars).
- Start your NuLytely/GoLytely at 4:00pm the day prior to procedure. Drink one eight (8) ounce glass every fifteen (15) minutes until the entire gallon is complete. If there is still formed stool noted in the bowel movement one (1) hour after completion of your prep, notify the office immediately - 630-527-6300. ****YOU MUST COMPLETE THE ENTIRE GALLON OR YOU MAY NEED TO RESCHEDULE YOUR PROCEDURE****
- **DO NOT** eat or drink anything after midnight the night before your procedure.
- Please arrive at the hospital at least one (1) hour prior to your scheduled time of procedure. Call the office before 5:00pm the day prior to your procedure if you are unsure of what time to arrive at the hospital.

Day of Procedure

- You may take normal medications with a sip of water on the morning of the procedure, but **DO NOT** take any medications for diabetes the morning of the procedure.
- You will be sedated for your procedure. Do not drive or operate machinery for at least 8 hours after the procedure. Sedated patients will be discharged only in the care of a responsible adult. Cabs or other forms of public transportation are unacceptable. ****You must make arrangements for someone to drive you home****

After the Procedure

- You may resume a normal diet and medications as tolerated unless otherwise instructed by your physician. Start with a light meal to minimize “bloating”.
- If the IV site is painful or red, place a warm compress on the site until it improves. If it does not improve within 24 hours, please call your physician.
- A small amount of rectal spotting (stool, mucous, or blood) may occur after the procedure.
- Please call the doctor immediately if any of the following occur:
 - Severe abdominal pain
 - Oral temperature greater than 100 F
 - Heavy rectal bleeding (not spotting)
- If you had a biopsy or polypectomy, please follow these additional instructions:
 - Rest quietly and minimize activity for the first 24 hours
 - Avoid exercising, lifting heavy items for 72 hours
 - Avoid straining with bowel movements
 - Avoid medications containing aspirin for 7 days
 - Do not travel out of town for at least one week

Your physician may change or give additional instructions after the procedure

***A physician may be reached 24 hours a day, 7 days a week, by calling our office at **630-527-6300**. After normal business hours, the answering service will take a message and contact the physician on call.