

# Colonoscopy Preparation

Daniel Kruss MD • 520 S. Maple Ave • Oak Park, IL 60304 • (847) 405-0068

day: \_\_\_\_\_ date: \_\_\_\_\_ time: \_\_\_\_\_.

Arrive **1 hour early** at the Outpatient Registration Desk. **RUSH Oak Park Hospital**, 520 South Maple, Oak Park, IL, is near the intersection of Madison St. and Harlem Ave. This is two blocks North of I-290 (Eisenhower Expressway) at the Harlem Exit. The Endoscopy Unit telephone is 708-660-5800.

**On the day before your colonoscopy:** Eat all meals with no fruits, no vegetables, no milk, no beans, no seeds, no corn, no nuts. Finish eating by 5pm.

**7-10 pm the night before colonoscopy** begin drinking the preparation liquid. Drink 1 glass (8oz) every 20-30 minutes until **half** of the container is finished.

**3-4 am the day of colonoscopy** completely finish the preparation liquid.

## Diabetics:


- Do not take **diabetic pills** after 12 noon the day before your procedure!
- Use **Lantus** insulin normally.
- Use half dose of **Novolog** or **Novolin** at dinner the evening before and none on the day of colonoscopy

**Take all of your other medication on your normal schedule.**

## On the day of your colonoscopy:

- Drink as much black coffee, black tea, soda pop or water as desired.
- NO solid foods, nuts, seeds, popcorn, snacks!!
- If you want a sedative, you must remain for an hour after the procedure and you must have a responsible adult with you to take you home.

Take this prescription to your pharmacy.

Name:	Date:
<b>Rx:</b> NuLYTELY or TriLyte [may subs Golytely, Colyte] Generic OK. Disp: 1 gallon/4 liters.	
Sig: Start 7 pm the evening before your colonoscopy as directed.	
	
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