



COOK COUNTY HEALTH

Instructions for Your Colonoscopy Appointment

Please report to **Clinic R** at the arrival time listed in your appointment instructions. Clinic R is located on the second floor of **John H. Stroger Hospital**, at **1969 West Ogden Avenue, Chicago, IL**.

Important Notes:

- Bring a **responsible adult escort** to drive or accompany you home after the procedure.
- Your escort must check in with you and provide a phone number.
- You **cannot** drive or use public transportation alone after the procedure.

If you are unable to follow these instructions, your test will be **CANCELLED**.

If you cannot find someone to escort you or are unable to complete the preparation, please call **312-864-3250, 312-864-3251, or 312-864-3252** to reschedule your appointment.

Preparation Timeline

One Week Before Your Test:

- Speak with your healthcare provider if you take **blood thinners**. You may need to stop them before the procedure.

Examples of blood thinners:

- Coumadin (Warfarin)
 - Plavix (Clopidogrel)
 - Pradaxa, Xarelto, Eliquis, Savaysa
 - Brilinta, Effient, Lovenox
- **Stop taking all iron pills.**
 - **Continue** taking oral diabetes medication as prescribed by your doctor.

- Consult your healthcare provider regarding insulin dosage and oral medications before the procedure.
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Three Days Before Your Test:

- Stop eating **fruits, vegetables (high-fiber foods), nuts, and seeds.**
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One Day Before Your Test:

- **Stop eating solid food.** Only drink **clear liquids.**
- Do **not** eat or drink anything red or purple (e.g., grape juice or red Jell-O).

Approved clear liquids include:

- Water
- Apple juice
- Gatorade
- Chicken or beef broth (**not soup**)
- Jell-O (**without fruit**)
- Tea or coffee (**without milk or cream**)
- Take all other medications as usual (**except iron and blood thinners as mentioned above**).
- Mix **Golytely** or **Colyte** with water to the fill line and shake well until the powder dissolves. Refrigerate to chill. **Do not follow the instructions on the bottle.**

At 5 PM:

- Start drinking Golytely or Colyte. Drink **half the bottle** between 5 PM and 7 PM. Drink approximately **1 cup every 15 minutes** until you finish half of the solution.
- Save the remaining half for the morning (instructions below).
- You may continue drinking clear liquids until midnight.

After Midnight:

- **Do not eat or drink anything** except medications and the Golytely solution.
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Day of Your Test:

- At **3 AM**, drink the remaining half of the Golytely or Colyte solution. Finish by **5 AM**.
- Do **not** eat or drink anything except sips of water with medication.

- **Do not take oral diabetes medications.**

For diabetic patients on insulin:

- You may require less insulin when not eating regular meals. Take a reduced dose of insulin as advised by your primary care provider or diabetes specialist.
 - Take all other regular medications, such as blood pressure, heart, or seizure medications, with sips of water.
 - Bring your medications with you to the hospital.
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Escort Reminder:

Ensure your adult escort is available to accompany you to and from the hospital.

Additional Information:

- Leave all valuable belongings at home. The clinic is **not responsible** for lost or damaged items.
 - Do **not** wear nail polish on the day of your procedure.
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Contact Information:

If you miss our call, please call back to confirm your appointment at:

- **312-864-3250**
- **312-864-3251**
- **312-864-3252**
- **312-864-3264**