

Attach label

DATE \_\_\_\_\_ TIME \_\_\_\_\_  AM  PM

ARRIVAL TIME \_\_\_\_\_  AM  PM

**place**

- Surgical Center of DuPage Medical Group
- Central DuPage Hospital
- Edward Hospital
- Delnor Hospital
- Center for Surgery
- Good Samaritan

**physicians**

- Rafi Ali, M.D.
- Mark Daniels, M.D.
- Marc Fallah, M.D.
- Mark Fesenmyer, M.D.
- Daniel Ganger, M.D.
- Donald Hoscheit, M.D.
- Adam Klugman, M.D.
- Harold Mozwech, M.D.
- Rafael Piedra, M.D.

**insurance information**

DIAGNOSIS \_\_\_\_\_

DIAGNOSIS CODES \_\_\_\_\_

PROCEDURE \_\_\_\_\_

PROCEDURE CODE \_\_\_\_\_



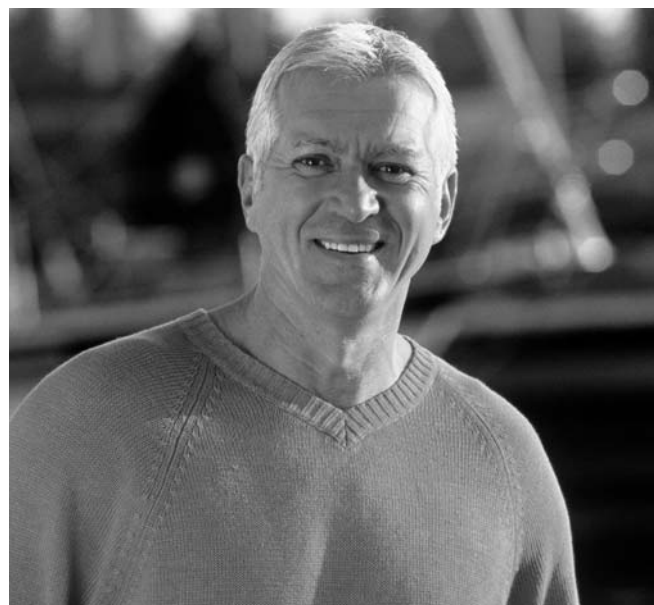
*Golytely or Nulytely*

colonoscopy

Keep this brochure! It contains your instructions.  
Questions regarding preparation please call 630 717 2600.

# we care for you

You will be having a colonoscopy in order to examine the inside of your large intestine. You will need to cleanse your bowel for this test. To prepare yourself, please follow these instructions.



## how should I get ready?

### 1 to 2 weeks prior to the procedure

- 1 Check with your insurance provider to be sure that this is a paid benefit under your insurance plan. If you are unable to keep your appointment due to insurance requirements, call our office at least 24 hours in advance 630 717 2600.
- 2 Arrange to have a family member or friend accompany you to the procedure. Because of the sedation used you will not be able to drive, operate machinery or make critical decisions on procedure day. We request that this person be available immediately post procedure to speak with your physician. The sedation used will make you forgetful for a short time after the test.
- 3 Purchase your Golytely or Nulytely preparation at your pharmacy. You must have a prescription to obtain this solution. On preparation day follow directions for mixing.
- 4 If you are currently taking a blood thinner such as Plavix or Coumadin, please check with your primary care physician or cardiologist for advice on discontinuing the medicine prior to procedure day. We prefer that you discontinue this type of medication at least 3 to 5 days prior to procedure.

### 3 to 5 days prior to the procedure

- 1 Stop blood thinners such as Plavix or Coumadin unless instructed otherwise.
- 2 Stop taking aspirin, ecotrin, any anti-inflammatories (Ibuprofen, Celebrex™ etc.), herbal preparations, vitamins and iron preparations.
- 3 You may take Tylenol™ if needed for discomfort.

## on the day prior to the procedure

- 1 You may have a light breakfast such as toast, cereal or an egg. After breakfast begin a liquid only diet for the remainder of the day.
- 2 Do not drink any milk or dairy products. Do not drink anything red, blue or purple in color. Do not drink any alcohol. Do not drink anything that contains pulp.
- 3 Please drink plenty of fluids and make sure some of these fluids contain calories.

Clear liquids include:

*Fruit juices: apple, white grape, white cranberry*

*Water*

*Clear broth*

*Coffee or tea (sugar is allowable)*

*Gatorade™ / Powerade™*

*Carbonated or non-carbonated beverages including colas, ginger ale, 7 up™ etc.*

*Jell-O™ allowable flavors include: orange, lemon, lime or peach. You may allow jello to set.*

*Popsicles allowable flavors: lemon, banana, lime, rootbeer and orange*

*Kool-Aid™ allowable flavors: orange, lemonade or lime*

- 4 At 4 pm begin drinking your Golytely/Nulytely preparation. Drink one 8 oz glass every ten minutes until gone. You must finish this prep in 4 hours. You must drink the entire prep.
- 5 The solution will make you go to the bathroom and have diarrhea for about 2-3 hours after you finish drinking. You will notice that your bowel movements will gradually become lighter in color and then clear. If you are unable to drink all of the prep, please call our office at 630 717 2600.

*If you are diabetic, please follow these instructions:*

## procedure day

- 1 Nothing by mouth for 5 hours before the test.
- 2 You may brush your teeth.
- 3 Continue to take your prescribed medicine unless your physician indicates otherwise. If you are on a medication that should be taken with a meal, wait until after your procedure. You may take medications with small sips of water.
- 4 If you are diabetic, do not take your usual dose of insulin or oral diabetes medicine before your procedure.
- 5 If you wear contact lenses or glasses please, bring a contact lens or eye glass case with you.
- 6 Wear loose fitting comfortable clothes.
- 7 Bring insurance card and some form of identification.
- 8 Arrive at the hospital or surgical center 1 hour prior to the procedure.
- 9 You will be at the hospital or surgical center approximately 2½ hours.
- 10 You will not be able to drive, operate machinery or make critical decisions on procedure day. Please make arrangements for transportation.

## scheduling & cancellation policy

- 1 Notify our office as soon as possible when canceling. We request a minimum of 24 hour notice. Do not call the facility where you are scheduled.
- 2 If you were unable to schedule your procedure at the time of your office visit, please allow **2 business days** before contacting our schedulers.
- 3 If you are rescheduling a procedure, please allow **2 business days** for a return phone call from our schedulers.

## to schedule or cancel a procedure

- 1 Do not call the facility where you are scheduled, we will contact them.
- 2 For Dr. Ali, Fallah, Fesenmyer or Klugman please call 630 469 9200 extension 2208.
- 3 For Dr. Daniels, Ganger, Hoscheit, Mozwezc or Piedra please call 630 582 1529.

