Colonoscopy prep instructions are extremely important for a successful colonoscopy. If you do not follow the instructions precisely, your bowels may not be ready for the procedure and you will need to repeat the procedure.

**Planning for Your Colonoscopy**

Please read as soon as you receive this information and check off each box to indicate that you understand each item.

- [ ] You must do a bowel prep. If you have not received a bowel prep, call the Endoscopy Call Center at (734) 936 - 9250 or toll-free at (877) 758 - 2626.

What is the name of your prep? __________________________

We recommend that you fill your prescription at least a week before your procedure.

- [ ] A licensed driver must be with you at your colonoscopy appointment. If you do not have a driver with you at check in, we will reschedule your appointment.

Your entire procedure may take 3 to 4 hours to complete. Please tell your driver that they must remain at the colonoscopy appointment during your entire visit.

- [ ] If you have diabetes, please call your doctor for your special diet and medicine instructions.

If you have any questions or concerns, please call the Endoscopy Call Center at (734) 936 - 9250 or toll-free at (877) 758 - 2626.
If you need to reschedule


Call (734) 936 - 9250 or toll-free (877) 758 – 2626.

What supplies do I need to prepare in advance?

احصل على الإمدادات التالية من صيدليتك المحلية:

- Two Dulcolax® (bisacodyl) laxative tablets – each tablet contains 5 mg of bisacodyl (do not get Dulcolax stool softener).
- One bottle of Miralax® (8.3 ounces or 238 grams each)
- Two bottles of clear liquid (32 ounces each) (not red): Gatorade®, G2®, Gatorade Ice®, Powerade®, or Powerade Zero®.

Timeline of the Colonoscopy Preparation

كيف سيتم تحديد جدول الإعداد لتنظيف القولون?

 سوف يساعدك الجدول الزمني أدناه على تحديد أي يوم من الأسبوع لبدء الإعداد. استخدم قلم التميز أو ضع دائرة حول الصف الصحيح لتحديد اليوم الذي سيتم بدء عملية الإعداد. وستبدأ عملية الإعداد في بداية اليوم.

The timeline table below will help you determine which day of the week to start your preparation. Use a highlighter or circle the correct row to determine which day you will start the prep. The prep process will begin at the start of the day.

If you reschedule your appointment, you must redo the timeline table to match your new date

إذا قمت بإعادة جدولة موعدك فيجب عليك إعادة الجدول الزمني بحيث يتناسب مع التاريخ الجديد.

If you reschedule your appointment, you must redo the timeline table to match your new date
### Timeline Table

<table>
<thead>
<tr>
<th>3 days before your appointment is a:</th>
<th>7 days before your appointment is a:</th>
<th>My Appointment is on a:</th>
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#### معلومات الجدول الزمني

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<th>7 أيام قبل موعدي هو يوم:</th>
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<td>ثلاثاء</td>
<td>جمعه</td>
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#### قبل تنظير القولون بسبعة أيام:

- لا تقم بإيقاف الأسبرين.
- إذا كنت تأخذ مميع للدم، أخبر الطبيب الذي أمر بتنظير القولون. إذا كنت غير متأكد من أنك تأخذ مميع للدم، اتصل بطبيبك.

If you take a blood thinner, tell the doctor who ordered your colonoscopy. If you are unsure that you are taking blood thinners, please contact your doctor.

#### قبل تنظير القولون بثلاثة أيام:

- توقف عن تناول أي مكملات الحديد، مثل سلفات الحديد (ferrous sulfate) أو مركب الحديد عديد السكري (polysaccharide iron complex).

Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.

#### قبل تنظير القولون باليوم:

- توقف عن تناول الفوشار، الذرة، الفاصوليا، المكسرات، الفواكه ذات البذور الصغيرة، البندورة والكرفس.

Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery.
No solid food from now until your procedure is done. Begin a clear liquid diet (below). Drink at least 8 glasses of water or clear liquids during the day to avoid dehydration.

At 12 noon, take 2 Dulcolax tablets. Mix 64 ounces of liquid with 8.3 ounces Miralax and place in the refrigerator (do not add ice).

Between 5 and 6 pm, drink one 8-ounce glass of the Miralax/Gatorade solution and continue drinking one 8 ounce glass every 15 minutes thereafter until half the mixture (32 ounces) is gone. Set a timer for every 15 minutes to keep pace.

Stay near a toilet, as you will have diarrhea.

You may drink these clear liquids:
- Chicken, beef or vegetable broth
- Alcohol
- Carbonated or non-carbonated soda
- Fruit-flavored drinks
- Coffee or tea (black only)
- Milk or non-dairy creamer
- Juice with pulp
- Hard candy
- Gatorade, Crystal Light Lemonade®, Pedialyte® or Powerade® (without the milk)
- Jell-O or popsicles

Do not drink these liquids:
- Chicken, beef or vegetable broth
- Alcohol
- Carbonated or non-carbonated soda
- Fruit-flavored drinks
- Coffee or tea (black only)
- Milk or non-dairy creamer
- Juice with pulp
- Hard candy
- Gatorade, Crystal Light Lemonade®, Pedialyte® or Powerade® (with milk)
- Jell-O or popsicles

Note: Nothing Red or Purple

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – Miralax®/Gatorade™ (Arabic)
The day of your colonoscopy

You may have to wake up early

Drink the final liter (32 ounces) of prep solution 5 hours before you need to leave for your procedure.

Take your morning medications with a small amount of water 4 hours before your appointment time (unless you have been told otherwise). If you take Diabetes medications follow your doctor’s instructions.

Stop everything by mouth, including all liquids, smoking and chewing gum.

Important!

If you followed all of the instructions, your stool will be a clear or yellow liquid and you are ready for your colonoscopy.

If your stool is formed or your preparation is not going as expected call (734)936-9250 or toll-free (877) 758-2626. After business hours, on weekends or holidays call the paging operator at (734) 936-6267 and ask to speak with the GI doctor on call.
Colon cleansing tips:

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.

2. Try drinking the solution with a straw. It may be easier to tolerate.

3. Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30 -minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.

4. You may have bowel cramps until the stool has flushed from your colon (this may take 2 to 4 hours and sometimes much longer).

5. Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter-remedies, such as hydrocortisone cream, baby wipes, Vaseline®, or TUCKS® pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.
Colonoscopy is a procedure in which a doctor inserts a thin tube into the anus to look inside your rectum and colon. Colonoscopy can show irritated and swollen tissue, ulcers, polyps, and cancer.

What is the purpose of a colonoscopy?
Colonoscopy is an examination conducted by a physician with the help of a thin bile into the anus to examine the rectum and colon. Colonoscopy can reveal irritated and swollen tissues, ulcers, polyps, and cancer.

What are the benefits of a colonoscopy?
Colonoscopy exams can detect cancers at earlier stages, and polyps can be found and removed before they develop into cancer. This greatly improves the chances of successfully treating colorectal cancer and reduces the chances that a person will die from colorectal cancer.

What are the risks of a colonoscopy?
In a study, 10,000 people aged 4-8 years old were screened for colorectal cancer, and 10 people were found to have cancer. Among the 10 people, 5 people had cancer, and 5 people had polyps. The risk of developing colorectal cancer is greater in people with polyps. People with polyps should be monitored regularly.

Before starting the procedure, a member of our team will ask you to sign an informed consent indicating that you understand the procedure, its benefits and risks, and the alternatives for a colonoscopy.

Before starting this procedure, some members of our team will ask you to sign an informed consent form indicating that you understand the procedure, its benefits and risks, and the alternatives for a colonoscopy.
A study of screening colonoscopies found that between 4 to 8 people in 10,000 have a serious complication after a colonoscopy. Serious complications include:

- **Bleeding.** Most cases of bleeding occur in patients who have polyps removed. The risk is higher for polyps that are larger than 2 cm.
- **A tear or a hole in the colon or rectum wall (perforation).**
- **Infection.**
- **Aspiration that may lead to a lung infection (pneumonia).**
- **A reaction to the sedating medication, including breathing or heart problems.**

Risks are higher in people taking steroids or anti-coagulation medicines, or in people that have significant underlying diseases. There is also a risk that cancer or polyps will not be detected.

**What are the alternatives?**

There are other screening tests that may detect abnormalities in the colon and rectum but colonoscopy is the only method that enables the doctor to take a sample tissue and/or remove polyps during the procedure. This reduces the need for additional tests and surgeries.

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