 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

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?

You must have a driver with you at the procedure.

If you have diabetes you must call your doctor

People with diabetes have special diet and medicine instructions. Call the doctor who ordered your colonoscopy for your special diet and medicine instructions.

If you have diabetes you must call your doctor

If you have diabetes you must call your doctor
If you need to reschedule
Call (734) 936-9250 or toll-free (877) 758-2626.

Timeline of the Colonoscopy Preparation

How will I determine my colonoscopy prep schedule?

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.

<table>
<thead>
<tr>
<th>1 day before my appointment is</th>
<th>My Appointment is on a:</th>
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<tbody>
<tr>
<td>Sunday</td>
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<td>Friday</td>
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</table>

Date, Day, Time:

My Appointment is on a:

Fill in the day according to the timeline table

Do not stop your aspirin
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.

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

Before your colonoscopy:

Day: 3 days before your colonoscopy

Fill in the day according to the timeline table

Day: The day before your colonoscopy

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.

Between 5 and 6 pm, begin drinking the prep. The MoviPrep container is divided by 4 marks. Every 15 minutes drink the solution down to the next mark (about 8 ounces), until the full liter (32 ounces) has been consumed. This process will take
on hour. Over the course of the evening, drink an additional ½ liter of clear liquids from the table below.

Stay near a toilet, as you will have diarrhea.

You may drink these clear liquids:

- Gatorade®, Crystal Light Lemonade®, Pedialyte® or Powerade®
- Coffee or tea (black only)
- Carbonated or non-carbonated soda
- Fruit-flavored drinks
- Apple juice, white cranberry juice or white grape juice

Jell-O or popsicles

Do not drink these liquids:

- Chicken, beef or vegetable broth
- Alcohol
- Milk or non-dairy creamer
- Juice with pulp
- Any liquid you cannot see through
- Hard candy

Note: Nothing Red or Purple

The day of your colonoscopy

5 5

 horas before leaving home

Day/Time:

Fill in the day according to the timeline table

قد تضطر للاستيقاظ في وقت مبكر.

You may have to wake up early

امزج ثاني جرعة من محلول المويفيريب B عن طريق إفراغ كيس رقم A الثاني وكيسم رقم الثاني في إñana

أضف ماء شرب دافئ حتى الخط العلوي للإناء وأمزجه مع الموزيريب حتى يذوب. إذا كنت تفضل ذلك، يمكنك مزج

المحلول قبل أن يحين موعد الشرب ووضعه في الثلاجة ليبرد قبل شربه.

Mix second dose of MoviPrep by emptying the second Pouch A and second Pouch B into the container. Add lukewarm drinking water to the top line of the container.
and mix to dissolve. If you prefer, mix solution ahead of time and refrigerate prior to drinking.

- 5 -

5 hours before you need to leave for your procedure drink the second dose of the MoviPrep solution. The MoviPrep container is divided by 4 marks. Every 15 minutes drink the solution down to the next mark (approximately 8 ounces), until the full liter (32 ounces) has been consumed. This process will take 1 hour. Next drink an additional 32 ounces of clear liquids within 30 minutes.

- 6 -

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.

Fill in the day according to timeline table

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.

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – MoviPrep® (Arabic)
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.
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.

**What is the purpose of a colonoscopy?**

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 are the benefits of a colonoscopy?**

Colonoscopy exams can find cancers at earlier stages, and polyps can be found and removed before they become cancerous. This greatly improves the chances for treating colorectal cancer successfully and reduces the chance that a person will die from colorectal cancer.

**What are the risks of a colonoscopy?**

In a study, what happened after colonoscopy, the incidence of 4-8 per 10,000 people was found in 10,000 people. From the complications:

- **Bloody diarrhea.** Common when the test is done too quickly or if the test is not properly prepared.
- **Hemorrhoids.** Common when the test is done too quickly or if the test is not properly prepared.
- **Pneumonia.** Common when the test is done too quickly or if the test is not properly prepared.
- **Respiratory infection.** Common when the test is done too quickly or if the test is not properly prepared.

Medical Procedures Unit

Colonoscopy Bowel Prep Instructions – MoviPrep® (Arabic)
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.