Refer to this instruction sheet for the entire week before your colonoscopy.

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? ________________

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

You must have a driver with you at the 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.
Medical Procedures Unit
Colonoscopy Prep Instructions – OsmoPrep® (Arabic)

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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 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 need to reschedule

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

الجدول الزمني لإعداد تنظير القولون

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.

موعد في:

(Date, Day, Time)

(التاريخ، اليوم، الوقت)
### Timeline Table

<table>
<thead>
<tr>
<th>Day Before My Appointment</th>
<th>Day Before My Colonoscopy</th>
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<td>Thursday</td>
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<td>Saturday</td>
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</tbody>
</table>

#### Before Colonoscopy

- **Day:** 7 days before your colonoscopy

- **Day:** 3 days before your colonoscopy

- **Day:** The day before your colonoscopy

#### Instructions

- **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 eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery.
- Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.

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Colonoscopy Prep Instructions – OsmoPrep® (Arabic)
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 take 4 tablets with 8 ounces of any clear liquid every 15 minutes. You will take a total of 20 tablets and drink 40 ounces of clear liquids over a 1-hour period.

Stay near a toilet, as you will have diarrhea.

Important: You must drink the entire amount (40 ounces) of clear liquids with the pills to avoid serious kidney damage.

You may drink these clear liquids:
- Gatorade, Crystal Light Lemonade®
- 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

Medical Procedures Unit
Colonoscopy Prep Instructions – OsmoPrep® (Arabic)
The day of your colonoscopy

You may have to wake up early.

You may have to wake up early.

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.

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

Medical Procedures Unit
Colonoscopy Prep Instructions – OsmoPrep® (Arabic)
or holidays call the paging operator at (734) 936-6267 and ask to speak with the GI doctor on call.

نصائح لتنظيف القولون:

Colon cleansing tips:

1. إبقى قريباً من مكان المرحاض! سيكون لديك إسهال، والذي قد يحدث بشكل مفاجئ. هذا طبيعي.

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

2. حاول شرب المحلول بالقصبة. قد يكون من الأسهل تحمله.

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

3. في حالات نادرة، قد يعاني بعض الأشخاص من الغثيان والتهيج عند شرب المحلول. إذا حدث ذلك، امنح نفسك فترة استراحة لمدة 30 دقيقة، اشطف فمك أو نظف أسنانك بالفرشاة، ثم استمر بشرب محلول التحضير.

   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. من الشائع والطبيعي أن تشعر بعدم الارتياح أو وعج في بطنك لحين طرد البراز من القولون (هذا قد يستغرق 4-2 ساعات وأحياناً أكثر من ذلك).

   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. قد يطرأ لديك تهيج في جلد منطقة الشرج أو توجه التهاب في البواسير. إذا حدث ذلك، يمكنك معالجته باستخدام أنواع متعددة من العلاجات بدون الوصفة الطبية مثل كريم "الهيدروكورتيزون" (Hydrocortisone)، "الفازلين" (Vaseline®)، أو فوط تاكس(Tucks Pads®) تجنب المنتجات التي تحتوي على الكحول. إذا كان لديك وصفة ل الكريم البواسير، يمكنك استخدامه. لا تستخدم التحملات.

   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.
What are the Benefits, Risks and 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 one study, about 4-8 out of 10,000 patients experienced complications related to colonoscopy. These complications can include:

- Bleeding: This can occur if the colonoscopy causes damage to the colon lining.
- Perforation: This is a rare but serious complication where the colon is punctured.
- Infection: Patients can develop an infection at the site of the colonoscopy.

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.
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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