4-Liter Colonoscopy Bowel Preparation Instructions
PEG/Electrolyte-Generic, NuLYTELY®, GoLYTELY®, and CoLyte® (Arabic)

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
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.

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.

My Appointment Is:

(Date, Day, Time)

 إذا كنت بحاجة إلى إعادة جدولة

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

إذا كنت مرض السكري فعليك الاتصال بطبيبك.

إذا كنت بحاجة إلى إعادة جدولة

إذا كنت مرض السكري فعليك الاتصال بطبيبك.

إذا كنت بحاجة إلى إعادة جدولة

If you need to reschedule

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.
### Timeline Table

<table>
<thead>
<tr>
<th>Day before appointment is a:</th>
<th>Day before my appointment is a:</th>
<th>My Appointment is on a:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Friday</td>
<td>Monday</td>
</tr>
<tr>
<td>Monday</td>
<td>Thursday</td>
<td>Thursday</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Saturday</td>
<td>Tuesday</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Monday</td>
<td>Monday</td>
</tr>
<tr>
<td>Thursday</td>
<td>Friday</td>
<td>Friday</td>
</tr>
</tbody>
</table>

**Fill in the day according to the timeline table**

- **Day: 7 days before your colonoscopy**
  - لا تقم بإيقاف الأسبرين.
  - إذا كنت تأخذ ممتع للذرة، أخبر الطبيب الذي أمر بتنظير القولون. إذا كنت غير متأكد من أنك كنت تأخذ ممتع للذرة، اتصل بطبيبك.
  - **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.

- **Day: 3 days before your colonoscopy**
  - التوقف عن تناول أي مكملات الحديد، مثل كبريتات الحديد (ferrous sulfate) أو مركب الحديد عديد السكري (polysaccharide iron complex).
  - **Stop** taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.

- **Day: The day before your colonoscopy**
  - التوقف عن تناول الفوشوار، الذرة، الفاصوليا، المكسرات، الفواكهة ذات البذور الصغيرة، البندورة / والكرفس.
  - Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery.

**Day: 1 day before your colonoscopy**

- لا تتناول الأغذية الصلبة من الآن وحتى إنهاء الإجراء. بدأ بتناول نظام غذائي يتناول السوائل الشفافة (الصفحة التالية).
  - اشرب ثمان (8) أكواب من الماء على الأقل خلال اليوم لتجنب الإسهال بالجفاف.

---

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – 4 Liter (Arabic)
- 3 -
No solid food from now until your procedure is done. Begin a clear liquid diet (on next page). Drink at least 8 glasses of water or clear liquids during the day to avoid dehydration.

- Mix your prep solution with lukewarm water. You may chill it for at least 5 hours to make it easier to drink, or, you can drink it at room temperature.

Between 5pm and 6pm, you will begin drinking half of your prep solution. Tomorrow you will drink the last half. Drink one 8 ounce glass every 15 minutes until half of the solution (64 ounces) is gone. Save the remaining half solution for the day of your procedure. If you follow the instructions exactly, you should be done with the first 64 ounces of prep by 8 p.m.

Stay near a toilet, as you will have diarrhea.

<table>
<thead>
<tr>
<th>You may drink these clear liquids:</th>
<th>Do not drink these liquids:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crystal (Gatorade), Light Lemonade, Powerade, Gatorade,</td>
<td>Chicken, beef or vegetable broth, Alcohol,</td>
</tr>
<tr>
<td>Crystal Light Lemonade®, coffee or tea (black only)</td>
<td></td>
</tr>
<tr>
<td>The liquids that are not clear are not allowed.</td>
<td></td>
</tr>
<tr>
<td>Carbonated or non-carbonated soda, fruit-flavored drinks</td>
<td></td>
</tr>
<tr>
<td>Unfiltered apple juice, white cranberry juice or white</td>
<td></td>
</tr>
<tr>
<td>grape juice, Jell-O or popsicles</td>
<td></td>
</tr>
</tbody>
</table>

Note: Nothing Red or Purple
The day of your colonoscopy

Fill in the day according to the timeline table

- You may have to wake up early. You may have to wake up early.
- Begin drinking the final 64 ounces, the same way you drank the previous 64 ounces, i.e.: drink an 8 ounce glass every 15 minutes until the second 64 ounces are gone. If you drink according to schedule, you will finish drinking 3 hours before leaving home.
- 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 have any questions or concerns, please call the following numbers:
- 9250-936-734
- 2626-758-877

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – 4 Liter (Arabic)
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. If you have not had much diarrhea, you may have to rinse your mouth or brush your teeth. Then continue drinking the prep solution.

4. You may have lightheadedness or gassy 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.

اطلن هذه الصفحة لمعرفة المزيد عن الفوائد والمخاطر وبدائل تنظير القولون ➡️

Medical Procedures Unit
Colonoscopy Bowel Prep Instructions – 4 Liter (Arabic)
- 6 -
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.

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 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?**

When performing colonoscopy, the most common complications are:

- **Dysentery.** The most common complication is dysentery, which occurs when the doctor removes polyps or cancerous tissue. When performing colonoscopy, the most common complications are:
- **Perforation.**
- **Enema.**
- **Revision.**

In a study of more than 10,000 patients, the risk of serious complications was 1 in 400, with bleeding being the most common. The risk of death from colonoscopy is around 1 in 30,000.
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.

---

**Disclaimer:** This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by Michigan Medicine is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License. Last Revised 08/2018