6-Liter Colonoscopy Bowel Prep 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

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?

☐ Nuro CBCA

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

إذا كان لديك مرض السكري فعليك الاتصال بالطبيب.

المصابين بالسكري لديهم توصيات خاصة بال نظام الغذائي والأدوية. اتصل بالطبيب الذي وصف لك تطوير

القولون للحصول على توصيات النظام الغذائي والدوائي الخاص بك.

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

إذا كنت بحاجة إلى إعادة جدولة إذا كنت بحاجة إلى إعادة جدولة

اتصل على الرقم التالي: 5290-9369 (7345700) أو الاتصال على الرقم المجاني: 2622-7587 (8770758).

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

الجدول الزمني لإعداد تطهير القولون

Timeline of the Colonoscopy Preparation

كيف سيتم تحديد جدول الإعداد لتظاهر القولون الخاص بي؟

سواً يساعدك الجدول الزمني أنتنا على تحديد أي يوم من الأسبوع لبدء الإعداد. استخدام قلم تضليل أو وضع دائرة حول

الصف الصحيح لتوزيع اليوم الذي سيتم بداية الإعداد. سيبعد 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.

إذا قمت بإعادة جدولة موعدك فيجب عليك إعداد الجدول الزمني بحيث يتطابق مع التاريخ الجديد.

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

موعدي في:

My Appointment Is:

(Date, Day, Time)

(التاريخ، اليوم، الوقت)
Timeline Table

<table>
<thead>
<tr>
<th>Day before colonoscopy</th>
<th>Day: 7 days before your colonoscopy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Monday</td>
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<td>Monday</td>
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<td>Tuesday</td>
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<td>Wednesday</td>
<td>Wednesday</td>
</tr>
<tr>
<td>Thursday</td>
<td>Thursday</td>
</tr>
</tbody>
</table>

Fill in the day according to the timeline table.

• لا تقم بإيقاف الأسبرين.

Do not stop your aspirin.

• 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.

• التوقف عن تناول أي مكملات الحديد، مثل كبريتات الحديد (ferrous sulfate) أو مركب الحديد عديم السكري (polysaccharide iron complex)

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

Day: 7 days before your colonoscopy

Fill in the day according to the timeline table.

• التوقف 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.

Day: 3 days before your colonoscopy

Fill in the day according to the timeline table.

Day: 2 days before your colonoscopy

Fill in the day according to the timeline table.

Medical Procedures Unit
6-Liter Colonoscopy Bowel Prep Instructions- PEG/Electrolyte-Generic, NuLYTELY®, GoLYTELY®, and CoLyte® (Arabic)
No solid food from now until your procedure is done. Begin a clear liquid diet (below). Drink at least 8 glasses of water during the day to avoid dehydration.

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You may drink these clear liquids:
- Gatorade®
- Crystal Light Lemonade®
- Light Lemonade,  "Gatorade Light"  
- Powerade®
- J Truly Light Lemonade®
- Juice with pulp
- 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
- Carbonated or non-carbonated soda
- Fruit-flavored drinks
- Hard candy
- Any liquid you cannot see through

Note: Nothing Red or Purple

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Before your colonoscopy:

Day: The day before your colonoscopy

Fill in the day according to the timeline table

- Continue the clear liquid diet throughout the day. No solid foods.
- Mix your prep solution with lukewarm water. You may chill it at least 5 hours to make it easier to drink, or, you can drink it at room temperature.

Mix 16 ounces of PEG/Electrolyte-Generic, NuLYTELY®, GoLYTELY®, and CoLyte® (64 oz equivalent) in 16 ounces of water. Drink the solution in 15 minutes. Male patients: Drink 2 extra glasses of water to help dilute the solution.
At 8 am drink one 8-ounce glass of PEG/Electrolyte-Generic, NuLYTELY, GoLYTELY, or CoLyte solution and continue drinking one 8-ounce glass every 15 minutes until 2 liters (64 ounces) of the prep solution is gone.

Between 5 and 6 pm: drink another 2 liters (64 ounces) of the prep solution over the course of 2 hours.

The day of your colonoscopy

Fill in the day according to the timeline table

You may have to wake up early.

Begin drinking the final 2 liters (64 ounces), the same way you drank the previous 4 liters (128 ounces), i.e.: drink an 8-ounce glass every 15 minutes until the final 2 liters (64 ounces) are gone. If you drink according to schedule, you will finish drinking 3 hours before leaving home.

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, please call 734-936-9250 or toll-free 877-758-2626 and reschedule your appointment.

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. In cases where you have particular histories of diarrhea or a sudden need to defecate, you may need to stop for 30 minutes. Then wash your mouth or brush your teeth, then continue drinking the prep solution.

4. 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.

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

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.
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