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

Colonscopy 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.

- 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. You need to bring a driver with you.

- The procedure may take 3 to 4 hours. Please have someone come with you who can stay with you during that time. It is not recommended that you drive on the day of your procedure.
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

If you need to reschedule

Timeline of the Colonoscopy Preparation

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

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

Before colonoscopy:

- 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.
- 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 during the day to avoid dehydration.

<table>
<thead>
<tr>
<th>You may drink these clear liquids:</th>
<th>Do not drink these liquids:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee or tea (black only)</td>
<td>مرك الدجاج أو اللحم أو الخضار.</td>
</tr>
<tr>
<td>مشروبات الغازية أو غير الغازية</td>
<td>المشروبات الكحولية</td>
</tr>
<tr>
<td>عصير التفاح، عصير التوت البري أو عصير العنب الأبيض.</td>
<td>العصير مع اللب.</td>
</tr>
<tr>
<td>Apple juice, white cranberry juice or white grape juice</td>
<td>أي سائل لا يمكنك الرؤية من خلاله.</td>
</tr>
<tr>
<td>المشروبات بنكهة الفاكهة</td>
<td>أي سائل لا يمكنك الرؤية من خلاله.</td>
</tr>
<tr>
<td>Jell-O or popsicles</td>
<td>أي سائل لا يمكنك الرؤية من خلاله.</td>
</tr>
</tbody>
</table>

Mلاحظة: لا شيء أحمر أو أرجواني اللون

<table>
<thead>
<tr>
<th>Before the colonoscopy:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fill in the day according to the timeline table</td>
</tr>
<tr>
<td>استمر ببرنامج تناول السوائل الشفافة طوال اليوم. لا تتناول الأطعمة الصلبة.</td>
</tr>
<tr>
<td>امزج محلول التحضير مع ماء فاتر. بإمكانك تبريده لمدة 5 ساعات على الأقل لجعله سهل الشرب، أو يمكنك أن تشربه في درجة حرارة الغرفة.</td>
</tr>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

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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 5:00 am and 6:00 am: Drink two more liters (64 ounces) of the prep solution over the course of 2 hours.

The day of your colonoscopy

<table>
<thead>
<tr>
<th>Day/Time:</th>
<th>colonoscopy</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 hours before leaving home for your colonoscopy:</td>
<td></td>
</tr>
</tbody>
</table>

You may need 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.

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.

<table>
<thead>
<tr>
<th>Day/Time:</th>
<th>2 hours before your colonoscopy</th>
</tr>
</thead>
</table>

Stop everything by mouth, including all liquids, smoking and chewing gum.
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. In cases where you experience some of the following, you should drink the solution slowly to avoid discomfort:
   - Some discomfort, nausea, or vomiting may occur. If this happens, give yourself a 30-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
   - 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. Occasionally, 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. 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.

Medical Procedures Unit
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Turn the page to learn about the benefits, risks and alternatives for a colonoscopy
What are the Benefits, Risks and Alternatives for a Colonoscopy? (Arabic)

ما هي فوائد ومخاطر وبدائل تنظير القولون؟

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?

.ma ho angra3 tun33ir al-qalubun?

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?

ما هي فوائد تنظير القولون؟

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?

ما هي المخاطر المرتبطة على تنظير القولون؟

In a study, about 4-8 of 10,000 people have complications from colonoscopies. These complications are:

- Hemorrhage (bleeding)
- Perforation of the colon or rectum
- Infection

When the polyp or tumor is removed, the artery may bleed and clot. The blood in the colon is then absorbed by the body.
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.