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.

What is the name of your prep? 

You must have a driver with you at the 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

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

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.

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.

My Appointment Is:

(Date, Day, Time)
Timeline Table

<table>
<thead>
<tr>
<th>3 days before my appointment is a:</th>
<th>7 days before my appointment is a:</th>
<th>My Appointment is on</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 days before your colonoscopy:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Day: 3 days before your colonoscopy:</td>
<td>Day: 7 days before your colonoscopy:</td>
<td>Day: 7 days before your colonoscopy:</td>
</tr>
</tbody>
</table>

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 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.

Stop any foods that are high in fiber, such as whole grains, beans, nuts, seeds, and cruciferous vegetables.

Before your colonoscopy:

- Day: 7 days before your colonoscopy
- Day: 3 days before your colonoscopy
- Day: 1 day before your colonoscopy

Fill in the day according to the timeline table

Before your appointment:

- Day: My Appointment is on

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 eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery.

Stop any foods that are high in fiber, such as whole grains, beans, nuts, seeds, and cruciferous vegetables.

Before your colonoscopy:

- Day: 7 days before your colonoscopy
- Day: 3 days before your colonoscopy
- Day: 1 day before your colonoscopy

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 eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery.

Stop any foods that are high in fiber, such as whole grains, beans, nuts, seeds, and cruciferous vegetables.
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.

### لا تتناول الأغذية الصلبة من الآن وحتى انتهاء الإجراء. بدأ في تناول السوائل الشفافة (إذنها). اشرب ثمان أكواب من الماء على الأقل خلال اليوم لتجنbew الإصابة بالجفاف.

<table>
<thead>
<tr>
<th>لا تشرب هذه السوائل:</th>
<th>Do not drink these liquids:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• مرق الدجاج أو اللحم أو الخضار.</td>
<td>• ماء الليمون.</td>
</tr>
<tr>
<td>• المشروبات الكحولية.</td>
<td>• مشروبات الغازية أو غير الغازية.</td>
</tr>
<tr>
<td>• العصير مع الزبادي.</td>
<td>• أي سائل لا يمكنك رؤيته من خلاله.</td>
</tr>
<tr>
<td>• Any liquid you cannot see through.</td>
<td>• Any liquid you cannot see through.</td>
</tr>
<tr>
<td>• العصير الممزوج.</td>
<td>• Any liquid you cannot see through.</td>
</tr>
</tbody>
</table>
| • العصير والمشروبات بنكهة الفاكهة. | • العصير من الفواكه.
| • حليب أو كريمة من الألبان. | • المشروبات الغازية أو غير الغازية. |
| • عصير البرتقال أو عصير العنب أبيض. | • العصير مع الزبادي. |
| • Jell-O or popsicles. | • العصير والمشروبات بنكهة الفاكهة. |
| • أي سائل لا يمكنك رؤيته من خلاله. | • Any liquid you cannot see through. |
| • العصير من الفواكه. | • العصير مع الزبادي. |

### يمكنكم شرب هذه السوائل الشفافة:

You may drink these clear liquids:

- Gatorade (Gatorade), Crystal Light Lemonade, Light Lemonade, Powerade®, or Pedialyte®
- 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

**Note:** Nothing Red or Purple

| ملاحظة: لا شيء أحمر أو أرجواني اللون |

### قبل التنظير يوم:

Day: The day before your colonoscopy

Fill in the day according to the timeline table

<table>
<thead>
<tr>
<th>استمر ببرنامج تناول السوائل الشفافة طوال اليوم. لا تتناول الأطعمة الصلبة.</th>
</tr>
</thead>
<tbody>
<tr>
<td>امزج محلول التحضير مع ماء فاتر. بمكانيك تبريده لمدة 5 ساعات على الأقل لجعله سهل الشرب، أو يمكن أن تشربه في درجة حرارة الغرفة.</td>
</tr>
<tr>
<td>وواصلة شرب كوب واحد 8 أوقية كل 15 دقيقة حتى الانتهاء من شرب.animation (64 أوقية) من محلول الإعداد.</td>
</tr>
</tbody>
</table>

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

5 hours before leaving home for your colonoscopy:

Day/Time: 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.

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

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

3. In cases where some patients may experience nausea and vomiting, after starting the preparation, do not repeat the preparation or take two doses at the same time.

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. From time to time, some patients may feel cramps in the intestines. This can happen for a period of 2 to 4 hours.

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. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.

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.
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)

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 during the procedure was reviewed, and it was found that 4 out of 10,000 people had complications. The complications include:

- *Bleeding*: This occurs when the colonoscope damages the blood vessels or the lining of the colon.
- *Puncture*: The colonoscope may puncture the colon, resulting in a tear or perforation.
- *Infection*: Infection can occur at the site of the insertion and spread to other areas of the body.
- *Obstruction*: The colonoscope may cause an obstruction, preventing gas from passing through.

Medical Procedures Unit
6-Liter Colonoscopy Bowel Prep Instructions- PEG/Electrolyte-Generic, NuLYTELY®, GoLYTELY®, and CoLyte® (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.