Planning for Your Colonoscopy

Please 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.

The preparation instructions are crucial for 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.

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. The procedure may take 3 to 4 hours. The driver should be available throughout.

What is the name of your prep?

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

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

Contact at the following numbers: 734-936-2525 or toll-free 877-758-2626.

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] (الجدول الزمني لإعداد تنظير القولون)

How will I determine my colonoscopy prep schedule?

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### Timeline Table

<table>
<thead>
<tr>
<th>Week Before</th>
<th>Day</th>
<th>Day</th>
<th>Day</th>
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</thead>
<tbody>
<tr>
<td>7 days</td>
<td>Sunday</td>
<td>Monday</td>
<td>Monday</td>
</tr>
<tr>
<td>3 days</td>
<td>Monday</td>
<td>Tuesday</td>
<td>Tuesday</td>
</tr>
<tr>
<td>1 day</td>
<td>Tuesday</td>
<td>Wednesday</td>
<td>Wednesday</td>
</tr>
</tbody>
</table>

**Before Colonoscopy:**

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

- **Day:** Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery.
- **Day:** Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.
- **Do not** stop your aspirin.
- **Do not** 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.

La توقف عن تناول أي مكملات الحديد، مثل كبريتات الحديد (ferrous sulfate) أو مركب الحديد عديد السكريد (polysaccharide iron complex).

لا توقف عن تناول الفوشار، الذرة، الفاصوليا، المكسرات، الفواكه ذات البذور الصغيرة، البندورة / والكرفس.

لا تتناول الأغذية الصلبة من الآن وحتى إنتهاء الإجراء. بدأ بتناول نظام غذائي بتناول السوائل الشفافة (ادناء). أشرب ثمان (8) أكواب من الماء على الأقل خلال اليوم لتجنب الإصابة بالجفاف.
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.

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 5 and 6 pm: 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. If you follow the instructions exactly, you should be done with the first 2 liters (64 ounces) of prep.

Stay near a toilet, as you will have diarrhea.

**You may drink these clear liquids:**
- Gatorade®
- Crystal Light Lemonade®
- Pedialyte®
- Powerade®
- 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:**
- Water
- Any liquid you cannot see through
- Milk or non-dairy creamer
- Juice with pulp
- 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
- Any liquid you cannot see through

Note: Nothing Red or Purple

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The day 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.

From 8:00 AM take one 8-ounce glass of PEG/Electrolyte-Generic®, NuLYTELY®, GoLYTELY®, or CoLyte® (PEG/Electrolyte-Generic) every 15 minutes until you have consumed 2 liters (64 ounces) of the preparation.

Between 5:00 PM and 6:00 PM: take another 2 liters (64 ounces) of the preparation over the course of 2 hours.

The day of your colonoscopy

Day/Time: 5 hours before leaving home for 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 6 liters (192 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.
Fill in the day according to the timeline table

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:

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

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

3. في حالات نادرة، قد يعاني بعض الأشخاص من الغثيان والتقيؤ عند شرب المحلول. إذا حدث ذلك، انح فمك لفترة استراحة لمدة 30 دقيقة، اشطف فمك أو نظف اسنانك 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 وجع في بطنك لحين طرد البراز من القولون (هذا قد يستغرق 4-2 ساعت وأحيانا 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 تهيج التهاب في البواسير. إذا حدث ذلك، يمكنك معالجته باستخدام أنواع متنوعة من العلاجات بدون الوصفة الطبية مثل كريم "الهيدروكورتيزون" (Hydrocortisone) (Hydrocortisone)، مناديل الأطفال المرضية (Baby Wipes) أو مركز "الهيدروكورتيزون" (Hydrocortisone) مع الزيت الزيتون.

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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.
ما هو فوائد ومخاطر وبدائل تنظير القولون؟

What are the Benefits, Risks and Alternatives for a Colonoscopy? (Arabic)

قبل البدء بهذا الإجراء، سيطلب منك أحد أفراد فريقنا التوقيع على طلب الموافقة المسبقة للدلالة على أنك تفهم هذا الإجراء وفوائده والمخاطر المرتبطة عليه 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?

ما هو الغرض من تنظير القولون؟

تنظير القولون هو إجراء يقوم من خلاله الطبيب بإدخال أنبوب رفيع بفتحة الشرج لفحص المستقيم والقولون لديك. قد يكشف تنظير القولون عن تهيج الأنسجة وتورمها أو عن وجود قرحة أو سلائل أو أورام حميدة أو سرطان.

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؟

يمكن لفحص تنظير القولون أن يكشف وجود مرض السرطان في مراحل مبكرة، كما يمكن الكشف عن وجود السلائل والأورام الحميدة وإزالتها قبل أن تتحول إلى أورام سرطانية. وهذا من شأنه أن يعزز من فرص معالجة سرطان القولون والمستقيم بنجاح وأن يقلل من فرص وفاة الشخص بسرطان القولون والمستقيم.

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؟

في دراسة ما أجريت حول إجراءات تنظير القولون، تبين أن حوالي 4-8 أشخاص من بين 10,000 شخص يعانون من مضاعفات خطيرة بعد إجراء تنظير القولون. وتشمل المضاعفات الخطيرة:

- نزيف. يحدث معظم حالات النزيف لدى المرضى الذين يتم إزالة السلائل والأورام الحميدة لديهم. وتزداد الخطورة عندما يكون حجم هذه السلائل والأورام الحميدة أكبر من 2 سم.
- تمزق أو تلقب في جدار القولون أو المستقيم (انثقاب).
- اللالتهاب.
- رشيف قد يؤدي لالتهاب في الرئة (الالتهاب الرئوي).

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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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