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.

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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

How will I determine my colonoscopy prep schedule?

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

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

#### Before Colonoscopy

- **Day:** 7 days before your colonoscopy

Do not stop your aspirin.

- **Day:** 3 days before your colonoscopy

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:** 2 days before your colonoscopy

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

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Medical Procedures Unit
8-Liter Colonoscopy Bowel Prep Instructions – PEG/Electrolyte-Generic®, NuLYTELY®, GoLYTELY®, or 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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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
- Powerade
- Pedialyte
- Coffee or tea (black only)
- Carbonated or non-carbonated soda
- Fruit-flavored drinks
- Apple juice, white cranberry juice or white grape juice

Do not drink these liquids:
- Chicken, beef or vegetable broth
- Milk or non-dairy creamer
- Juice with pulp
- Any liquid you cannot see through
- Hard candy

Note: Nothing Red or Purple

Medical Procedures Unit
8-Liter Colonoscopy Bowel Prep Instructions – PEG/Electrolyte-Generic®, NuLYTELY®, GoLYTELY®, or CoLyte® (Arabic)
The day before your colonoscopy:

- Continue the clear liquid diet throughout the day. No solid foods.
- In the morning, drink 8 ounces of electrolyte solution (PEG/Electrolyte-Generic®, NuLYTELY®, GoLYTELY®, or CoLyte®) in one cup. Resume drinking an 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:

- 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.
- You may need to 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.

Day: The day before your colonoscopy
Before your colonoscopy:

Day/Time: 2 hours before your colonoscopy

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.

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. 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 the viewpoint of the doctor, you have eliminated air from your colon by the time you arrive. 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 need to take a stool softener (laxative) like docusate sodium or a natural fiber. You may start the night before and continue until you get home.

6. If you experience severe cramping or diarrhea, you should stop the prep and contact your doctor immediately.
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 هي 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 للدالالة 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 به الطبيب بإدخال أنبوب رفيع من فتحة الشرج لفحص الأمعاء الدقيقة والقولون. قد يكشف

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 للفحص تنظير القولون أن يكشف وجود مرض السرطان في مرحلة مبكرة، كما يمكن الكشف عن وجود السلاسل والأورام الحميدة ويزيد من فرصة التدخل 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 السلاسل والأورام الحميدة لديهم. وتزداد الخطورة عندما يكون حجم هذه السلاسل والأورام الحميدة أكثر من 2 سم.
- تمزق أو ثقب في جدار القولون أو المستقيم (انتقاب).
- العدوى.
- رشف قد يؤدي لالتهاب في الرئة (الالتهاب الرئوي).

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

- 8 -
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.